

# Aaron Thavonekham

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## Training Philosophy

"My training philosophy integrates exercise science with functional strength, athletic conditioning, & mobility work to develop resilient and hardworking individuals prepared for any challenge."

## Certifications

NASM Certified Personal Trainer

## Specializations

Strength & Resistance Training

Functional Fitness & Daily Movement Patterns

Flexibility & Mobility Enhancement

Sports Performance & Athletic Training

Post-Injury Rehabilitation & Corrective Exercises

## Available Hours

Weekdays: Mornings, Afternoons, Evenings