

Dylan Brown

(903)-314-8707

cptdylanb@gmail.com



Training Philosophy

“Conceive. Believe. Work. Achieve. I am a huge believer in that you can achieve anything you put your mind, body, and soul into especially in the world of health and fitness. My goal is to help clients in every part of their fitness journey and at any level. I help with goal formation as well as bringing the tools to help one achieve their goals through hard work and dedication.”

Certifications

NSCF Certified Personal Trainer

NSCF Certified Strength Coach

Specializations

Weight Management & Fat Loss

Functional Fitness & Daily Movement Patterns

Cardiovascular Conditioning & Endurance

Strength & Resistance Training

Sports Performance & Athletic Training

Available Hours

Weekdays: Early Morning/Evenings

Weekends: All Day