

Govinda Schafer

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Training Philosophy

"I define strength by how well you can move, how you express movement across a floor or under a bar, all is relative to how you walk, breathe & hold yourself. Together we will learn this integrated method of total body control, form & technique. Learn to control yourself."

Certifications

NASM Certified Personal Trainer

Specializations

Flexibility & Mobility Enhancement

Sports Performance & Athletic Training

Post-Injury Rehabilitation & Corrective Exercises

Functional Fitness & Daily Movement Patterns

Available Hours

Contact Govinda for Availability