



Personal Trainer

Sam Stuart

Your Goals are my Priority

- Over 24 years of Weight Training Experience
- Fitness Trainer at All Sport since 1996
- AFFA Certified Personal Trainer
- KBC Kettlebell Trainer
- TRX Certified Trainer - Levels 1 & 2
- COMBINE/IGNITE 360 Coach

Sam applies his broad based practical and theoretical knowledge in both strength and conditioning to assist others in accomplishing their goals.

Sam applies his broad based practical and theoretical knowledge in both strength and conditioning to assist others in accomplishing their goals. Sam has acquired a substantial amount of hands-on weight training experience. This includes but is not limited to proper form, safety/injury prevention, progression theory and spotting technique. He will help all clients maximize potential and works well with members at any level. Whether your objective is to increase muscle mass and overall strength, to slim and tone, to prepare for sports or competition, or to simply include fitness as part of your life, Sam can assist you in your journey.



Call Sam at All Sport Health and Fitness at 896-5678, ext.154 to set up an appointment. Sam can also be reached at sam@allsporthealthandfitness.com

ALLSPORT
health & fitness

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