

BRANSON THAXTON



EDUCATION

Bachelors of Exercise Science, Minor in Nutrition, Graduate in Spring 2019

QUALIFICATIONS & CERTIFICATIONS

- National Academy of Sports Medicine (NASM) Personal Trainer

SPECIALIZATION

I specialize in many areas like weightlifting, aerobic exercise, weight loss, and muscle gain. I love meeting new people and helping them to reach their fitness goals. I work with athletes, teenagers, adults of all ages, and the elderly with no experience to being regularly active. I want to see everybody succeed and I want to see them succeed not only in fitness, but in their life.

TRAINING PHILOSOPHY

We, as humans, FEAR discomfort. We must learn to live and thrive in uncomfortable places in order to grow. It's never too late to start working towards your goals. It's never too late to ask for help. Whether you are looking to lose weight, gain muscle, or even if you want to be more active but don't know how to begin; I want to help you get on the path to dominating your journey and mastering your success.

INTERESTS/HOBBIES

Cooking, weightlifting, video games, basketball, soccer, football & reading

AVAILABILITY

- Monday - Sunday By Appointment