



XAVIER PARKS

PERSONAL TRAINER

EDUCATION

B.S. in Exercise Science

CERTIFICATION

AFAA Personal Trainer
USAW, Level 1
CSCS

HOURS

Tuesday & Thursday
3:00pm – 8:00pm

PROFILE

I was involved in a variety of sports from a young age, but football and wrestling were my primary focus. As a Personal Trainer, I enjoy helping my clients achieve goals they once thought couldn't be accomplished. I have experience working with a variety of clientele, from youth to retirees. My specialty is strength and conditioning with a focus on functional movements that translate into everyday life.