

Curtis Clark

(479)-644-9463

c4drum23@yahoo.com



Training Philosophy

“Having been in the fitness industry for 25 years, I have always believed in an individualized fitness program that focuses on proper technique & range of motion. I enjoy working with all types of clients & I strive to show my clients the value of incorporating fitness as a way of life which includes encouraging healthy choices away from the gym as well.”

Certifications

Weight Management & Fat Loss

Functional Fitness & Daily Movement Patterns

Specializations

Weight Management & Fat Loss

Functional Fitness & Daily Movement Patterns

Available Hours

Weekdays: Early Morning/Morning