

# Shiloh Gilmore

(479)-434-1920



## Training Philosophy

“As a passionate personal trainer, I specialize in performance enhancement, corrective exercise, rehabilitation, & weight loss. I'm dedicated to helping individuals reach their fitness goals through customized, holistic training that improves strength, mobility, & overall well-being. Whether you are recovering from an injury or looking to level up! I am here to help you transform your body & life.”

## Certifications

NASM Certified Personal Trainer

NASM Certified Weight Loss Specialist

## Specializations

Strength & Resistance Training

Sports Performance & Athletic Training

Functional Fitness & Daily Movement Patterns

## Available Hours

Weekdays: Early Morning/Morning/Afternoon

Weekends: All Day