



Pronouns: He/Him

Certifications:

NASM Certified Personal Trainer Certified Qi Gong Instructor **Degree:**

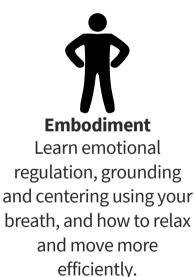
B.S. in Exercise Physiology

PERSONAL TRAINING

Pierre-Andre, a seasoned personal trainer with 13 years of expertise, specializes in coaching clients from diverse backgrounds and skill levels. His services cover a wide spectrum, including strength training, flexibility, injury recovery, and movement therapy to address stress, anxiety, and feelings of overwhelm. With proficiency in various exercise methods like strength training, boxing, and Qi Gong, Pierre-Andre helps individuals discover the right intensity for their unique needs. Elevate your fitness journey with Pierre-Andre's wealth of experience and personalized approach.



Mobility Strategies, tools, and exercises to take care of your muscles and joints for on-going selfcare.





Active Aging Strength, flexibility and coordination at any and every age. Train so you can move for life.

STOP BY THE FRONT DESK TO GET STARTED TODAY!



Email healthandwellness@ywvcaofasheville.org or call 828-254-7602 to learn more!