



Pierre-Andre

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 self-care.



Embodiment

Learn emotional regulation, grounding and centering using your breath, and how to relax and move more efficiently.



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!