



Tony Le

Personal Trainer

kettlebell fan - amused by memes - fully caffeinated - Disciplined. Ambitious.
Adaptive. - marathoner

Tony Le is committed to fitness through self-improvement, a process that leads to results for himself and his clients. He completed the Los Angeles Marathon and passes on his fortitude as a Spartan SGX coach and U.S. Olympic silver-level certified trainer. He believes it takes more than motivation - it requires discipline to achieve your goals, and if you push through the hardest days the other days become that much easier. By connecting with his clients and creating a customized plan, Tony believes they can sustain the motivation they need to meet their goals. As a trainer, Tony says he is merely the guide that provides knowledge and motivation; it's the will of the client that determines the outcome.

What's your inspiration?

"My clients inspire me. They put their trust in me to help guide them towards their health and fitness goals. They are courageous and their dedication to improve themselves each day inspires me to help others find that same courage."

Certifications & Experience

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- Fitness Nutrition Specialist (FNS)
- Corrective Exercise Specialist (CES)
- Performance Enhancement Specialist (PES)