



## Thomas Aaron Mitchell

Personal Trainer

lives and breathes fitness – loves helping people – chocolate lava cake fan – committed, loving, and loyal – excellent singer

Thomas Mitchell really likes working with clients who are motivated. His training style is based on form, pace, and intensity and he emphasizes the importance of consistency. For anyone who thinks getting fit is easy he begs to differ, but he believes the hard work is definitely worth it. He's inspired by his clients, and he loves seeing them put in the work to achieve their fitness goals. If he could magically become any piece of gym equipment, he'd be a Nautilus Pullover machine because he loves working on his lats.

What are the main benefits of training with you?

"I teach because I love helping people. I help my clients by showing them that anything is possible with commitment, consistency, and faith in themselves. My clients learn to believe in their unrecognized abilities."

### Certifications & Experience

- Bachelor of Science in Kinesiology
- NASM Contest Prep Coach
- Diet & Nutrition Coach
- CrossFit Level 1 and Mobility Coach
- NESTA MMA Conditioning Coach
- TRX Certification
- First Place Winner NPC Masters Men's Physique 2021-2022

Contact Aaron for Pricing  
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