

I'm a US Marine Corps veteran and I've always been into swimming, cycling, basketball and martial arts. I started Crossfit (the fountain of youth as I call it) 3 1/2 years ago and the physical changes, especially my health, and overall fitness have been amazing to say the least. I really enjoy coaching Crossfit classes because of the joy and happiness I feel from clients as they work towards achieving their fitness goals. I have a second degree black belt in the Japanese martial art of Aikido. I started practicing Aikido right around the turn of the century and I love teaching people how to defend themselves with Aikido. Presently I'm the morning host and marketing director for a classical music radio station, WAUS 90.7 FM.

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