



PERSONAL TRAINER

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Hello, my name is Eustis. My fitness journey began after a car accident, in which I realized I had let myself go and become unhealthy. I was overweight and struggled with eating disorders for most of my life, but fitness has given me a purpose, helped me get into shape, and transformed my life. My mission is to share my knowledge and help others lead healthier and more fulfilling lives through discovering activities they enjoy.

I enjoy lifting weights, cycling and dancing. Although I own several bikes and will ride the bike paths, I found mountain biking to be what I'm most passionate about. Because mountain biking is a physically demanding activity, I design and program my workouts to support those types of activities.

My journey began over a decade ago, and today you will find me passionately mountain biking several times a week on trails including Devil's Backbone, Coyote Ridge, Indian Summer Trail, Blue Sky Trail, Towers Trail and my annual trip to Moab.

I look forward to partnering with you to discover your best life by enjoying the activities that bring you happiness.

Qualifications

- NASM Certified Personal Trainer

Take the first step! Contact me to schedule an appointment.



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