

Thad Tillison



Name: Thad Tillison

Age: 28

Certifications: ISSA (International Sports Science Association), CPR & AED certified. Have completed two years of Nutrition classes.

Experience: Over ten years in the fitness field and over 4 years in the nutrition field. Worked with and trained football, basketball, track and volleyball athletes. Has worked with seniors.

Favorite Exercise: Triceps, pushdowns, leg press and bench press.

Motto/Philosophy: Believe and Achieve. If you can see it you can be it.

Health Interest: Nutrition, cardio, weight lifting, fun games and exercise activities.

General Interest: Sports, traveling, body building, outdoors, coaching football and basketball, spending time with family and helping others reach their goals.

What can a client expect:: To be highly motivated, pushed to reach their goals they expect to meet. A trainer with a great attitude and to be respected on a fitness and personal level.

Available times: Monday and Wednesday morning. Tues and Thursday Afternoon. Monday—Thursday Evening. All day Friday and Sunday.