

MEGAN HEYES

CERTIFIED PERSONAL TRAINER

TIER 1



Training Philosophy

My personal training philosophy is one that caters to you and only you. I do not believe in giving every client a cookie cutter program and expect it to work for everyone. I want to hear what YOU want to accomplish and will work my absolute hardest to get you there. My goal is to find ways for you to enjoy living an active and healthy lifestyle!

Experience

Personal Trainer – 2021

Assistant Soccer Coach - 2020

Certifications

- NASM Certified Personal Trainer
- Adult CPR/AED Certified

Education

- B.S. in Kinesiology, San Jose State University
- A.A. in Human Development, Ohlone Community College

Interests

I like spending time outside in nature, whether on a hike or a camping trip. I absolutely love spending time with friends and family. I enjoy watching and playing sports, my favorites being soccer and baseball. You can always catch me listening to music in pretty much any genre in my free time.

MY GOAL AS
YOUR TRAINER IS
TO MAKE
FITNESS FUN!



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



MINDSET



NUTRITION



MOVEMENT



RECOVERY