



John Kiburz Jr.

Certified Personal Trainer

About Me:

I have been in the fitness industry for nearly 5 years. My experiences with clients range from high school athletes, seniors looking to improve their playspan, weight loss, people rehabbing from injury, and people who just want to get fit. With my experience, motivation, and passion for helping others, I am dedicated to my clients and to meeting their goals.

Growing up playing ice hockey and snow skiing, fitness and conditioning has always been apart of my life. The impact of living a healthy, active lifestyle led me to want to help others in their journey. I developed an appreciation for fitness because of the balance that it brings to my life, and to the lives of my clients. Helping my clients grow into healthier, stronger individuals who now have a more positive outlook on fitness, food, and most importantly, their body image, has been very rewarding. I want each of my clients to receive the absolute best, individualized attention to their program.

My goal as a trainer is to encourage, support, and challenge you to meet your fitness goals. I will provide you with the highest level of personal attention and help you to create positive lifestyle changes. Maintaining an active and healthy lifestyle takes some work, but the results are worth the effort. Persistence, effort, and consistency are keys to success. Anyone at any time can change if they have the right reason, the right motivation, and the right program. Success starts with your foundation. Together, we build your foundation.

Education and Certifications:

NASM Certified Personal Trainer
BS in General Studies
RPR Level 1 (neurological wake-up)
Kettlebell Level 1
PRI Integration for Fitness and Movement
Proprioceptive Neuromuscular Facilitation (stretching specialty)

Specialties:

Weight Loss
Corrective Exercise and Rehab
Strength and Conditioning
Stretching

Availability:

Open Availability