



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PHILLIP ALLEN PERSONAL TRAINER

SUPERIOR DOULGAS COUNTY FAMILY YMCA

Qualifications:

18 years ACE Certified Personal Trainer
10+ years Certified SilverSneakers Instructor

Specialties:

Power Lifting, Active Older Adults Fitness, Strength and Resistance Training, and Youth Fitness, willing to work with anyone and everyone.

BIO:

Words that describe my style of training best would be
"Confidence and Positive Attitude"

Your Possibilities are endless and the world is yours.

-Phillip Allen

