



Tom Dean Personal Fitness Trainer ISSA Certified

Tom is an energetic Personal Trainer specializing in senior fitness conditioning. He has 20 years of experience designing fitness programs to accommodate clients' needs and fitness abilities. Tom was with the Air Force for four years as a physical conditioning specialist.

Current Professional Certification ISSA Senior and Personal Fitness Training

Highlights

*Fitness Assessments

*Flexibility Training

*Former Triathlete

*Strength Training

*Flexible and Creative

*Personable and Friendly

Personal and Philosophy:

Tom is a Quail Creek resident who enjoys Golf and Pickle Ball. He has been involved in fitness and athletics throughout his life and loves being active in triathlons, swimming, cycling and cross fit training. Tom is passionate about helping others incorporate fitness habits to achieve a healthy lifestyle. He challenges his clients to see the strength in themselves and push to new levels. No matter what stage of fitness, he creates a personal workout tailored to each client's individual goals. He believes that when we CHANGE OUR MIND, we are then able to CHANGE OUR BODY, which ultimately CHANGES OUR LIFE forever!

Contact Information:

Please contact the Anza Athletic Club at 520-393-5819 to schedule your appointment with Tom.