

BRIAN SLADE

Brian was born in Virginia Beach, Va. Growing up he always had a love and admiration for fitness and activity. In high school Brian was a member of the high school's men's varsity soccer team. He is a senior at George Mason University majoring in Kinesiology.

Brian is a certified personal through the American College of Sports Medicine (ACSM). His Kinesiology background allows him to program exercises for athletes, general fitness, and special population such as those with diabetes, prehypertension, and dyslipidemia. Brian's programs physically strengthen the clients and increases their knowledge of muscle interaction within the body. He strives to make sure that they understand the benefits of their movements and how they translate to their life outside of the gym.

One of his major aspirations is to make fitness FUN. In his free time Brian enjoys playing soccer, strength training and doing acrobatic movements such as backflips and walking on his hands. Brian really tries to encourage each client to reach new levels of fitness. He focuses on assisting his clients on how to use proper form and believes that everyone is capable of doing amazing things. Brian really enjoys bringing a smile to his client's faces and celebrating with them when they succeed!

