



RYAN CORTINAS

PERSONAL TRAINER

WHAT MY CLIENTS SAY ABOUT ME

“Ryan listens, adapts to my requests and is innovative. Every time we meet he is eager to guide me through a new set of exercises. I appreciate the variety and his gentle, yet effective way of pushing me to be my best self. Above all, Ryan is kind, compassionate and helps me in reaching my fitness goals.” – Sarah Gillespie

“I appreciate Ryan so much because he not only is so personable and fun to work with but also because he has created an exercise program so specific to my needs. I love to garden and I have lower back issues and thanks to his specific exercises I am seeing much improved strength in my legs, shoulders and back. He is so attentive to my form which I have learned is so important for safety and improvement.” – Judy Aylward

“I began working with Ryan when my physical therapist pointed out areas of weakness that have been contributing to some of my physical issues. My goal was to strengthen the weak areas as well as improve my overall fitness so that I could feel stronger in general and be at my best on the tennis court. Ryan has been great at communicating with my PT, very methodically and thoroughly developing a program that addresses my needs, and carefully teaching me proper execution. Working with Ryan is proving to be a great investment toward my goals!” – Anne Vogel



An athlete is an individual that requires strength, power, agility, and stamina to perform at their highest level. For some that may mean winning a hard-fought sporting match, to others that may mean keeping up with their grandchildren, and for some of us that may mean pulling a ten-hour shift at work. No matter how you personally define it, the truth is that we all must perform at our highest level each day and physical fitness is the key to performing optimally in the face of any challenge.

As your personal trainer, I will use my extensive knowledge and experience in performance training to tailor fit you with a program that will enhance your ability to accomplish all your training goals. I also promise to always work with you in collaboration to create a program that addresses what you truly want and deserve.

My Motto: Utilizing a holistic approach to fitness for optimum performance.

Qualifications:

- **B.S. in Exercise Science** – Eastern Washington University (2016)
- **NSCA Certified Personal Trainer** – The National Strength and Conditioning Association is the world-leading membership organization for thousands of elite strength coaches, personal trainers and dedicated researchers/educators.

