



# Personal Trainer



## Anthony Schroeder

Personal experience has brought Anthony into the world of Personal Training. Going from 200lbs and a 41" waist down to a lean 165lbs and a 31" waist was motivation enough. Anthony is eager to pass on his knowledge and experience to not only those who have struggled with weight loss but also to clients looking to tone up, bulk up or just have some fun while working out. Anthony also has experience teaching both small and large groups in bootcamp style shape up workouts.

## Philosophy

If you have a goal, nothing can stop you. No matter the challenge, keep pushing for your goals and you will achieve them.

## Certifications and Education

- BCRPA Certified Personal Trainer
- BCRPA Certified Weight Trainer

## Additional Training & Qualifications

- EZ Nutrition Certified
- Current CPR & First Aid
- Bootcamp Instructor

## Client Specialty Focus

- Core Training
- Sport Training
- Weight Loss
- Body Building

Words of Wisdom "There are no problems, only challenges."