

# VETERANS MEMORIAL COMMUNITY CENTER PERSONAL TRAINERS

## CONTACT DETAILS

mmontgomery@ighmn.gov  
651-554-3420

“I love teaching others about fitness and can work with all populations including the older adults.”

— MITCHELL

Mitchell Montgomery is a certified NSCA trainer with ten years of service at the VMCC.



## Mitchell Montgomery

### PERSONAL TRAINER



### Personal Summary

As a coach and a competitive volleyball player, Mitchell understands the importance of a well-designed exercise program. He can help, whether the goal is to improve athletic performance, increase muscle, decrease body fat percentage, or improve healthy habits. Past experience include arthritis water classes, SilverSneakers and SilverSneakers Yoga.

### Core Skills

- NSCA Certified CPT
- Bachelors Degree in Exercise Science from Southwest Minnesota State University
- Kettlebell and Cycle Certified
- TRX Certified
- Ten years of experience

CALL OR EMAIL MITCHELL TO SET UP YOUR APPOINTMENT

