

VETERANS MEMORIAL COMMUNITY CENTER

PERSONAL TRAINERS

CONTACT DETAILS

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651-554-3420

Nik is a certified ISSA trainer and has ten years weightlifting experience.

“Better to do it today than to wait for tomorrow.”

— NIK BAILEY

Nik Bailey

PERSONAL TRAINER



Personal Summary

Nik has extensive experience in both sports and sports-related injuries. Having grown up playing soccer and running track, he understands the importance of proper body maintenance for peak performance and injury prevention.

Nik primarily focuses on working with young adults and teens ages 15+, helping them develop strength, agility, and endurance. However, he is excited to work with individuals of all ages who are looking to reach their fitness goals. With his sports background and passion for movement, Nik is committed to helping others train effectively, stay injury-free, and perform at their best.

Core Skills

- ISSA Certified Personal Trainer
- 10 years weightlifting experience
- Strength and hypertrophy training
- Sport conditioning and sport-specific exercises
- Maintaining range of motion and day-to-day functional exercises



CALL OR EMAIL NIK TO SET UP YOUR APPOINTMENT

