

DEREK GARZA

Sports Performance
MercyFit Coach
Personal Trainer



FAVORITE WAY TO MOVE/EXERCISE

CrossFit, HIIT, hiking, climbing, and swimming

FUN FACT

I started my own tree company when I moved to OKC from Colorado.

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER?

Helping change lives, watching clients do things they never thought they could and looking and feeling a way they've always dreamed of.

CREDENTIALS:

NASM- CPT

First Aid, CPR, AED Certified