

JULIAN MITCHELL

Fitness and Group Ex Lead,
Personal Trainer, and Group
Exercise Instructor

FAVORITE WAY TO MOVE/EXERCISE

I love all types of cardio. Getting into a consistent rhythm of movement feels so good.

FUN FACT

I was a frontman for a 9-piece funk & rock band for 8 years living in Hollywood.

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

Being knowledgeable about how to make a positive and dynamic change to clients lifestyles.

Credentials:

NASM CPT
NASM CNC
AFAA GFI & Indoor Cycle Instructor
SilverSneakers

