



Patrick Ragan

CERTIFIED PERSONAL TRAINER

About Patrick

PATRICK GREW UP SWIMMING, DOING MANY PHYSICAL HOBBIES AND SPORTS. WHILE STUDYING EXERCISE SCIENCE IN COLLEGE, HE HAD MANY INTERESTING EXPERIENCES WITH HIS BROTHER-IN-LAW, A CERTIFIED TRAINER, AND HIS LIFE WAS CHANGED FOREVER. PATRICK HAS SINCE SHIFTED HIS FOCUS TO ONE THING: MAKING EVERYONE STRONGER, AND KEEPING THEM AT PLAY.

Qualifications

**NSCA CERTIFIED
PERSONAL TRAINER**

CPR- FIRST AID- AED

Specialty Areas

FUNCTIONAL TRAINING

MOBILITY TRAINING

WEIGHT TRAINING



Philosophy

**“BEGIN AT ONCE TO
LIVE, AND COUNT
EACH SEPARATE DAY
AS A SEPARATE LIFE.”**