



fitness

# Meet the Trainers



## Antonio Lawrence

Born and raised in Washington, DC. Spring 2017 graduate from University of Maryland Eastern Shore with a major in Kinesiology (health fitness concentration). Former Basketball player with a high focus on teamwork and dedication to ones goals. He incorporates a balance of strength and endurance training to fit best with athletes to improve their performance and other clients to increase their own goals. Wither it's for an event or just being in shape in general.

His passion for training comes from the teamwork aspect and to help people achieve new heights that they haven't reach before.



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