

DAVID GARAFFA

PERSONAL TRAINER

PRICING:

\$175 per session

ABOUT ME

David has been with the Snowmass Village Recreation Center since its opening in 2006 and The Snowmass Club as a trainer for over 23 years. David prides his training style as his own. Specializing in goal oriented training with real results! He works with athletes of all ages to improve strength, endurance, speed, agility and power. Every training session is unique and motivating to meet the client's potential. Background in collegiate football, mountain biking, skiing instructor, and takes part in every athletic activity our valley has to offer. Personal Training certification by NSCA, with various aerobic certs including: Fitwall, Lemond, and Johnny G indoor cycling. Combining his training personality with business, he has created a fitness company called Design 2B Fit... pioneering fitness room designs with specialized equipment to meet the individual needs of the client.

970.948.1287

DAVID@DESIGN2BFIT.COM

EXPERTISE

ATHLETES OF ALL AGES

OVER 23 YEARS OF EXPERIENCE

STRENGTH, ENDURANCE, & AGILITY

NSCA CERTIFIED PERSONAL TRAINER

FITNESS ROOM DESIGNS

