

Joshua Yarbrough

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Training Philosophy

“I want people to find enjoyment & experience the benefits of exercising, as well as building the discipline of consistent exercise. Whether an individual is an athlete or working a desk job; challenging your body physically can have positive effects in many areas of life beyond just the physical.”

Certifications

NCSA Strength & Conditioning Specialist

USA Weightlifting Level 1

NCSA Certified Personal Trainer

Specializations

Strength & Resistance Training

Sports Performance & Athletic Training

Post-Injury Rehabilitation & Corrective Exercises

Available Hours

Weekdays: Mornings/Afternoon/Evening

Weekends: Morning/Afternoon