



Ryan Carlson

Lead Health Fitness Professional
Personal Trainer
Group Fitness Instructor
Pickleball Instructor

Certifications

ACE Certified Personal Trainer
NASM Certified Nutrition Coach
AFFA Certified Group Fitness Instructor
20+ Courses of continued education in the fitness field

About Me

I am a former collegiate athlete who has been in the fitness industry for over half a decade. I work with all kinds of members and can help them achieve their goals. Whether it be weightlifting, functional fitness, muscle gain, fat loss, or a combination I will be able to help you.

Personal Interests

My passions involve weightlifting, fitness, and my family. In my free time I love playing pickleball and other racquet sports.

Contact Information

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Walton Family
Whole Health & Fitness