



Brian Bonn

Elite Personal Trainer



Education and Certifications:

- B.S. Exercise and Sport Science, Frostburg State University
- Minor Studies in Coaching, Frostburg State University
- Certified Strength and Conditioning Specialist, NSCA
- USATF Level 1 Certified Coach, USA Track and Field

Training Specialties:

- Golf Fitness Training
- Strength Training and Injury Prevention Programs for Runners
- Functional Movement Training

Philosophy on Health and Fitness:

Brian's personal hero is Steve Prefontaine, and lives by his words, "To give anything less than your best is to sacrifice the gift"

Personal Information:

Born and raised in Anne Arundel County. Brian is an accomplished track and field athlete. Over his running career he received many accolades including NJCAA All-American, and two school records at Frostburg State.