

A personal trainer since 2003, Chris Williams has been certified by ACE, and now carries an ACT card along with First Aid and CPR/AED. He's worked as a personal trainer, group fitness instructor, and yoga instructor at Rutgers University while also competing at the state level on an Olympic Lifting Team in New Jersey.

Chris wants to ensure that all of his clients understand why they're doing particular exercises and how it affects their body as a whole. The result is a calm but very intense session, packed with information that's been customized for the client's interests, activities and abilities. Overall, he hopes each of his clients goes away feeling a little bit stronger physically and emotionally. Chris' motto is, "Give a person a workout, and they'll exercise for a month. Teach a person to work out, and they'll exercise for life."