



Brendan Miller

Dr. Troy Parks at Parks Training/Therapy is a phenomenal trainer, coach, and person. What makes him phenomenal is not only his broad knowledge and experience, but his ability to take the time to personally learn about you. After only a few sessions with Troy and discussing my disability and orthopedic problems to him, he set goals and continued to talk to me on a regular basis about his goals and adjust them when my daily life changes. Troy has done a tremendous job with being flexible and open to making changes to my workout from the physical therapist perspective in safety and core focus and a blend of a trainer in making sure I get the right result from each workout. He is invested and committed to improving my overall health and physical performance along with being personable, professional, caring, and always making sure the gym is a safe and great place to be any day of the week.

Brendan's mother's:

I wanted to give the parents perspective about Parks Training/Therapy Center. As the primary caregiver and advocate for my child for most of his life, to be able to sit back and witness as he takes charge of his life into adulthood with the guidance from Troy Parks. Troy displays with Brendan his passion for physical improvement as a therapist and as a knowledgeable trainer in guiding him through his daily obstacles and struggles. Kudos to him for creating an ideal center and program that meets the needs of so many different walks of life.