



Callie Ford

(Springfield Local High School, Geneva College Women's Basketball record holder)

Troy has helped me immensely through my college basketball career, and I am beyond thankful for his dedication to helping me reach my full potential. Troy excels at making great workouts that push you beyond your limits and bring great results. Troy takes the time to evaluate you before making a workout plan that is unique to you. Troy's knowledge and commitment separates him from other personal trainers I've worked with prior to him. Beyond that, he cares abundantly about the person he is working with. He followed every game of mine for four years, came to watch me play, and was always one of the first people to congratulate me when I reached my goals. He has not only trained me for sports but has also helped me rehab from injuries. He taught me the importance of hard work and made training an enjoyable experience.