

Jonathan Keith

(479)-789-3652

pt.jonathank@gmail.com



Training Philosophy

“Consistency brings fulfilment, fulfilment brings confidence, confidence brings out the best version of you.”

Certifications

ACE Certified Personal Trainer

Specializations

Calisthenics

Strength & Resistance Training

Weight Management & Fat Loss

Flexibility & Mobility Enhancement

Available Hours

Weekdays: Mornings/Afternoon/Evening