

mind body and spirit fitness

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OverviewWelcome to Mind, Body, & Spirit Fitness. My name is Nick Hoerrmann. I was certified by the International Sports Science Association (ISSA) as a personal trainer. I am very excited to have the opportunity with teaching people not only how to train but ultimately help change their lives through fitness. I believe that fitness is an limitless journey to improve not only the body but the spirit and mind. I also believe that anybody can change if they want to. My goal is : 1. Teach you proper

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