

Monje Kinetics

16782 Hale Ave, Irvine, CA, 92606

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OverviewHi I'm, Chris, a certified fitness trainer as well as a certified strength and conditioning specialist. I utilize my athletic background in both football and track, as well as, my background with the United States Marine Corps. Gaining muscle, losing weight, toning, athletic performance or even basic training preparation I will help you get there. I offer boot camps, Semi-Private Training and individual training all that require your dedication, focus, mental toughness, education, consistency
AddressMonje Kinetics is located in 16782 Hale Ave, Irvine, CA, 92606

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