

GRANT HOEHNE

MEET THE TRAINER

I was passionate about sports at a young age. I grew up here in Ashland playing basketball, football and soccer. I developed a love for fitness when I started working with a Personal Trainer to improve my speed, agility, and strength. During high school, I picked up weight lifting and became fascinated with the ability to choose movements and lifts that could help me to achieve fitness goals. I knew I had to become a Personal Trainer so I could help others find happiness in training for their personal goals, too.

EDUCATION

Majoring in Economics

University of Missouri

ACE Personal Training Certified

CONTACT

Jake Katnik

Health & Wellness Director

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IDEAL CLIENT

Anyone who wants to learn proper lifting techniques. My ideal client is open to coaching, especially regarding form through various movements.

TRAINING PHILOSOPHY

Working out is almost always the best part of my day. That's why I like to emphasize consistency and a positive attitude toward weight lifting. I always strive to motivate clients by pushing them to new limits.

PREFERRED CHEAT MEAL

An incredible amount of chips and queso.

