

Matt Blumer



Matt Blumer is a fitness professional with a Bachelor's Degree in Exercise Science from Life University. He also has a nationally recognized certification through National Council of Certified Personal Trainers (NCCPT). Matt believes in using safe and effective strength training exercises to contribute to an overall improvement in fitness and wellness. He has worked with clients from ages 17-83 and believes that everyone is capable of improving their fitness levels and lifestyle. He has had success improving strength, endurance, balance, and coordination with many of his clients and has had some clients whose doctors have decreased their dependence on medications. Matt hopes to include you to his growing list of success stories and help you lead a happier and healthier lifestyle.

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