



I am Charles Ward, a seasoned health & fitness coach with 15+ years of experience. Also, someone who grew up playing sports and competing at a collegiate level, I know first hand the importance of a sound mind and body for peak performance.

As a versatile and creative coach with a degree in Exercise Science, I specialize in personalized plans that focus on functional athletic strength training, pre/post-op exercises, weight loss, and sports performance. My approach is about education and support –emphasis in proper form, injury prevention, and long-term success. Whether you're a weekend warrior or just starting your fitness journey, I'm here to guide you every step of the way you .

Outside of the gym, you can find me on the basketball court, golf course, snowboarding, or hitting the trails for a run or hike with my family. If you're ready to take the first step towards a healthier you and/or trying to elevate your athleticism, reach out for a consultation/assessment!

-Coach Charles Ward [19cwiii@gmail.com](mailto:19cwiii@gmail.com), (480)734-9351