



Ronnie Morris

Personal Trainer

Education

Health and Human Performance, B.S.

Certifications

National Academy of Sports Medicine, Spartan SGX Instructor and Obstacle Specialist, Army Master Fitness Trainer, TRX Certified Instructor

About Me

I started getting into fitness about 20 years ago while serving in the US Army, where I became a certified Master Fitness Instructor to help my fellow soldiers train better. After my time in the Army, I completed my Health and Human Performance degree and started running boot camp programs, eventually specializing in working with professional competitive sports athletes. I focus on improving speed and conditioning for athletes of all levels and sports, from kids in grade school to pros. I'm passionate about functional movement because it's the foundation for better performance, whether you're competing, recovering from injury, or just wanting to feel better overall.

Personal Interests

Health and fitness related: working with student athletes, weight lifting, running, obstacle courses, mountain biking, Judo, MMA, and competitive sports.

Other: I am a professional lead guitar player, I volunteer with Veteran's organizations, I am a dad to 2 goofy Huskies, a Schnoodle, 2 Chihuahuas, a cat, and 3 young adults.

Contact Information

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Walton Family
Whole Health & Fitness