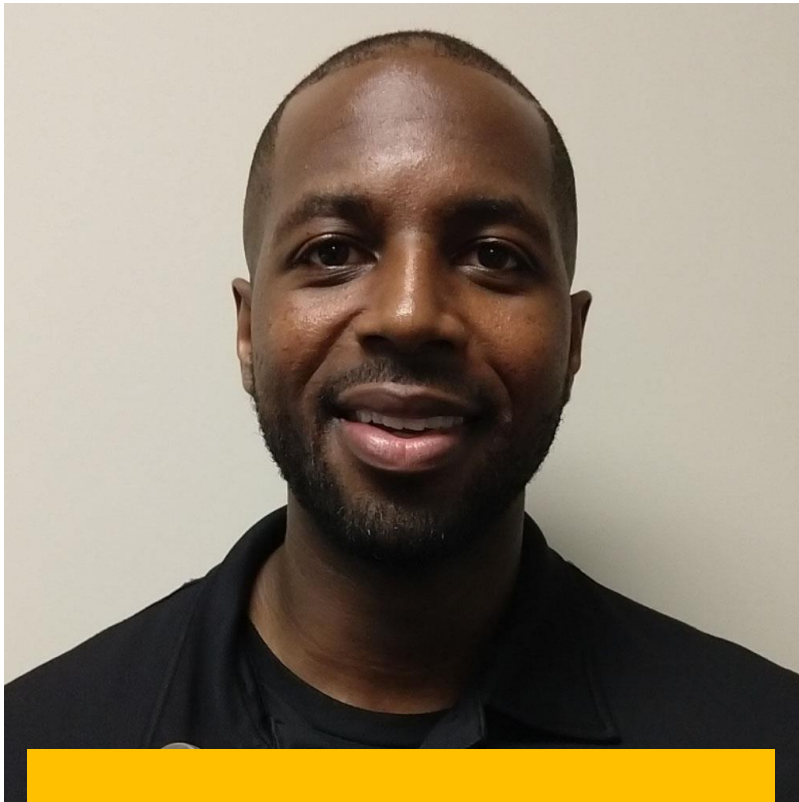


APEX CENTRE PERSONAL TRAINER



Working at the Apex since August 2018

During my journey to improve myself, I found that I had a true passion for health and fitness and helping others achieve their goals.

MEET

Michael Lennox

Certifications and Education:

- BS in Kinesiology / minor in Psychology
- Certified Personal Trainer
- CPR/AED/First Aid certified

Areas of Expertise:

- Body composition improvement
- Strength training
- Sports performance
- Health promotion

Michael is just one of our personal trainers helping our members reach their peak!

To learn more about all the personal training options stop by the customer service desk.

For inquiries, email fitness@mckinneytexas.org

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