

Aaron Thavonekham

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Training Philosophy

"My training philosophy integrates exercise science with functional strength, athletic conditioning, & mobility work to develop resilient and hardworking individuals prepared for any challenge."

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training

Functional Fitness & Daily Movement Patterns

Flexibility & Mobility Enhancement

Sports Performance & Athletic Training

Post-Injury Rehabilitation & Corrective Exercises

Available Hours

Weekdays: Evenings/Late Evenings