

Mikhaela Cochran

(479)-721-1862



Training Philosophy

"I believe that fitness is not a one size fits all journey, but a personalized process that empowers individuals to realize their full potential. I am dedicated to guiding clients through a holistic approach to health. With the right mindset, dedication, & support, anyone can become the best version of themselves."

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training
Cardiovascular Conditioning & Endurance
Sports Performance & Athletic Training

Available Hours

Weekdays: Early Mornings/Mornings/Afternoons