

Join our team. We love to serve our neighborhood and we want to help you grow. So come join us...if you agree that...

*Certified personal trainers eliminate the guess work and gives guidance and support to help their clients achieve their fitness goals.

*Certified personal trainers create custom designed workout plans to fit the client's fitness level.

*Certified personal trainers must motivate, instruct, and educate...

Go to www.ostrongfitness.com and apply

Have questions...email them to info@ostrongfitness.com