

olympicSTRONG

Personal Training
Nutritional Planning

Misty Corwin
Catherine Street

SERVICES AVAILABLE

• Weight Loss

Knowledge of sustainable weight loss techniques.

• Nutrition and Health Management

Personalized diet plans to fit your lifestyle and body with 24/7 support

• Sports and Fitness Training

Custom workouts for your level: speed training, weight lifting, cardio, mobility, and more.

• Individual or Group Sessions

Individualized sessions for you and/or your friends. At home, in your gym, at the park, or our facility.

• Any Age or Level

Kids, teens, adults, and elderly
Experience with beginners and elite athletes



Who Knows More About Fitness and Nutrition Than Two Olympic Hopefuls?

Are you trying to lose that extra 20lbs, looking for an alternative to working out by yourself at the gym, or just need a little extra motivation?

We are here to help with a custom fitness and nutritional plan to match your lifestyle! Call or email us today!

Two elite pole vaulters, Catherine and Misty, training for the Olympics with vast knowledge of physical fitness and nutrition

One registered nurse with experience working with clients with diabetes, heart disease, eating disorders, in physical rehab, and other health issues.

One licensed teacher committed to teaching children and young adults how to lead a healthy lifestyle.

Olympic Strong
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