



DAVE PICKERIGN PERSONAL TRAINER



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Certified Personal Trainer

About You:

I am passionate about fostering a positive and motivating environment. I am eager to support you on your fitness journey, whether you're just starting out or looking for a new challenge. I focus on helping clients build confidence and achieve their individual goals!

Certifications:

Personal Training

Areas of Expertise:

I specialize in creating personalized, effective workout plans for all fitness levels.

"Success in fitness isn't about perfection, it's about consistency and believing in your ability to grow stronger every day."

MENOMONIE EAST & SOUTH YMCA