

*Bryan Kastl has been an athlete all his life. He took college courses in athletic training and ended up getting certified as a Personal Trainer from Hayward State University in 1992. In 1993 he got certified as a massage therapist and then additionally studied under Christopher See D.C. for injury specific massage, Active Release Technique. He*



*competed in football, bodybuilding, martial arts, dance, track and power lifting.*

*In March 2009 Bryan received his level 1 CrossFit Certification. CrossFit is constantly varied functional movements executed at high intensity. Classes are for ALL fitness levels and ages.*

CrossFit has spread worldwide, becoming the principal strength & conditioning program for police academies and tactical op's teams, military special operations units, champion martial artists, & hundreds of other elite and professional athletes worldwide. Why? Because CrossFit works...FAST! Sign up for an appointment with Bryan today and get results!!



*Bryan Kastl*