

Joe Hall

My name is Joe and I was born and raised in Liberty, MO. Growing up I was always undersized. Through exercise and proper nutrition I have gained 25 lbs of muscle. No matter what your goal is I am confident that I can help you obtain it.

I am a graduate of the Personal Training Program from Pinnacle Career Institute. From there I received my NSCA and CPR/AED certification. I have a passion for fitness and health which is conveyed through my training. Each session is tailored to your needs so that you can achieve whatever goal you desire.

In my off time I enjoy working out, sporting events, live music and being outside. I am looking forward to helping you and if you see me around don't hesitate to ask any questions you might have.
