

Gregg Willett



The *Lifestyle*
Center
A division of Kaweah Delta Health Care District

Certifications Education

Certified Personal Trainer and Certified Corrective Exercise Specialist, National Academy of Sports Medicine

Training Specializations

I specialize in flexibility, balance and functional movement! Exercise for the over 50 population.

Trainer Philosophy

Everyone needs a coach in their corner to guide them on their journey to being fit and losing weight. This is why I became a personal trainer. Come join me in the war against obesity and sedentary living!

Personal Hobbies Interests

I enjoy most outdoor sports; fishing, golf and spending time with my family are my greatest interests. In addition, I am constantly reading to learn the most current and efficient exercise techniques available.