



Fitness
Center

RILEY METZGER

Oklahoma Christian University
Sports Performance Coach



FAVORITE WAY TO MOVE/EXERCISE

Strength training

FUN FACT

I've met a President.

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER?

Having the opportunity to inspire individuals to know they can live healthier lifestyle and accomplish their goals.

CREDENTIALS:

NASM- Strength & Conditioning
Specialist

First Aid, CPR, AED Certified