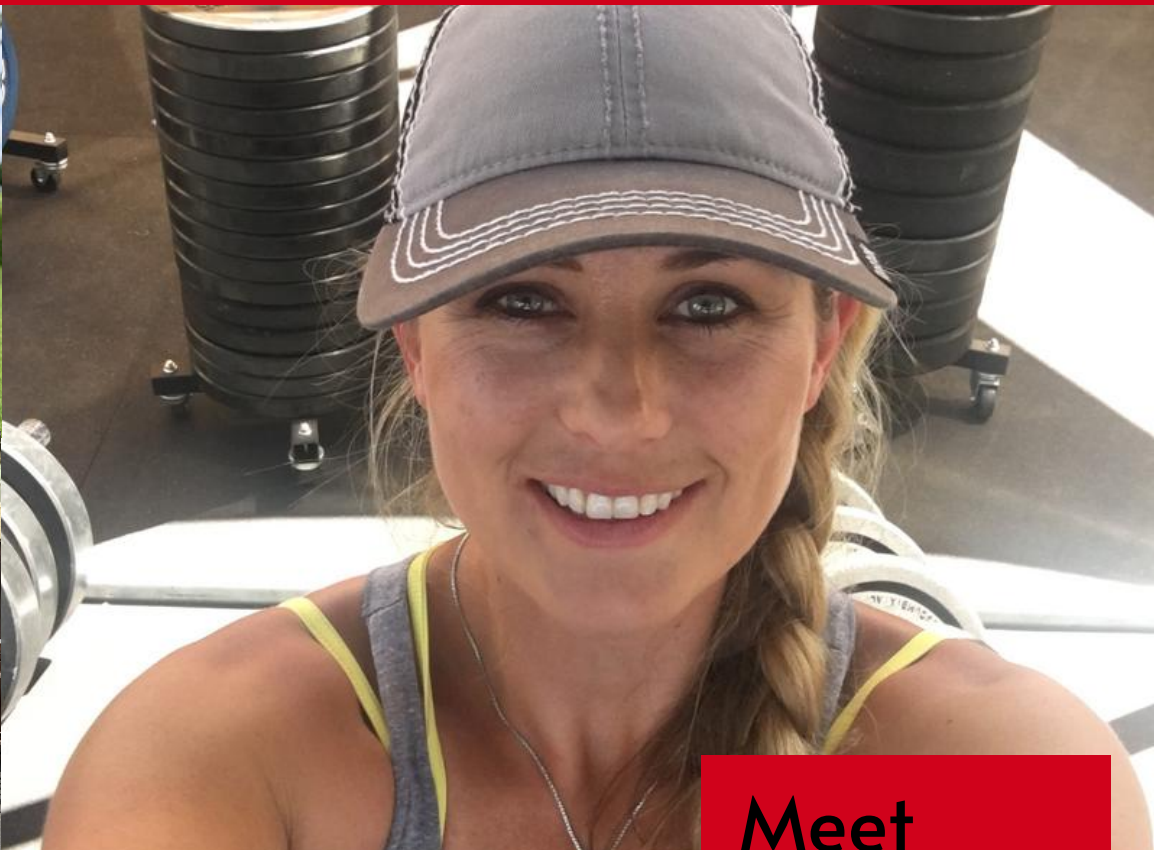




GET FIT STRENGTH AND CONDITIONING

BRITTANY SHIRES

Meet Your GFSC Fitness Team



What is your fitness philosophy?

To overcome weakness, train your mind as well as your body, don't forget the soul. Fitness is more than looking good, it's feeling good both inside and out.

What is your coaching style?

To allow you to experience movement in a way that you understand it. Patience is key.

What can a member expect from a class coached by you?

Good music, a good workout, and cues that not only tell you what you may do wrong, but what you are doing RIGHT.

What is the best advice on fitness that you received? Or Any fitness advice for someone reading your profile?

I once used to exercise fast and furious. I had the stamina and strength to do so. I was given the advise to slow down as to avoid injuries. Training my brain to accept movement this way was a hard adjustment but has so many benefits.

What is your favorite exercise and why?

I think every exercise is my favorite but hip thrusts and squats give me the most benefits.

What is your regular fitness regime?

Weight train three times a week.

What else would you like GFSC members to know about you?

I am a Culinary graduate of Le Cordon Bleu turned fitness, cooking with all that butter and fat sent me to the gym and I am happy it did many years ago.

**Meet
Brittany**
COACH | TRAINER

AFAA Personal Trainer
and CrossFit L1



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