



Govinda Schafer

Personal Trainer, Movement and
Exercise Specialist

Education

BA English/German UNM

Certifications

Functional Range Conditioning, Functional Range Assessment, Kinstretch, Animal Flow, Kettlebell Flow, Postural Restoration, NASM, AFFA GroupX

About Me

I discourage people from thinking and saying that their body is getting old. Our body beings with our minds, and how we think. Training the body is both mental and physical. With over 8 years of experience my training style includes many disciplines, it centers around biomechanics and how the body moves as a whole from one place to another. After working with me one on one you'll know more about your body than you have in years and walk away feeling confident and empowered with how you move and exercise.

Personal Interests

My favorite thing is improving myself so I can be a better friend, coach and trainer for all the people I interact with daily. I enjoy studying and learning about the body in all its awesomeness.

Personal Interests

Govinda.schafer@hfit.com

Walton Family
Whole Health & Fitness