



Shiloh Gilmore

Personal Trainer

Certifications

NASM Personal Trainer

6+ years of personal training

Kickboxing: Skills and Drills

About Me

As a dedicated personal trainer, I've helped athletes, nurses, and military personnel achieve their diverse fitness goals, from sports performance to weight loss and everything in between. My expertise lies in strength training, corrective exercise, behavior change, and weight loss, ensuring a personalized approach for every client. Whether you're striving to build strength, transform your physique, or enhance overall performance, I'm here to guide you every step of the way.

Contact Information

(479)-434-1920

Walton Family
Whole Health & Fitness