

Sean Kochel

Publishing
2217 Ivan Street
United States

View the full portfolio at <http://www.thecreativefinder.com/fightingforfitness>

Professional Experience and Curriculum Vitae

Fighting 4 Fitness offers personal training and self defense classes in multiple studio locations throughout Dallas, Texas. Founded by Steve Hess, students reap the benefits of building strength, endurance, self-confidence, and self-reliance. Nutritional counseling is also available to students who want to kick start their journey to improved physical Fitness by optimizing their diet.

If you're serious about making significant changes to your lifestyle and physique, our friendly and experienced team of personal trainers, instructors, and studio support members work to help you achieve your goals. We believe that anything is possible if you're willing to work hard.

Previous Clientele

Please kindly get in touch for more information.

Awards and Accolades

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