

Trip Harlan

Certified Personal Trainer

Background

Trip was born and raised in Fort Myers, FL. He moved to St. Petersburg 3 years ago. Growing up he enjoyed the outdoors and playing sports.

Education/ Experience

Trip has a B.A. Degree in Business from Florida Gulf Coast University. He also has a Private Pilot's License.

Personal Training

Trip holds certifications in the following disciplines:

- Certified Personal Training
- 200 Hour Yoga Instruction
- Certified Group Fitness Instructing
- Certified Nutrition Counseling
- Level 3 Reiki Master

Trip's Advice – Remember – Food is Medicine.

Availability – Daily Monday-Sunday

