

NEIL BOLES

NCSF Personal Training
AFAA Group Exercise Cert

Life Fitness

OLATHE
PARKS
& REC

SPECIALIZATIONS

**High Intensity Interval Training
Strength Training
Striking
Stabilization and Isometrics**

A NOTE FROM NEIL...

I have over 4 years of experience in the field with hundreds of clients. I have worked with clients who have a multitude of different needs - from clients who can barely walk to athletes. The most exciting aspect of my profession is seeing clients progress through their program and exceed their goals! I have a long athletic background from wrestling, shot put, football and a variety of martial arts. I instruct two classes at the OCC and pride myself on getting my clients physically capable to join my H.I.I.T. class on Saturdays!