

Mike Kolander

Mike has been a personal trainer for over 14 years and has logged over 13,000 hours of training clients either in their homes or in a corporate facility.

Mike's training philosophy: "The only 100% dedication you have in life is to yourself. Take care of your body and mind and they will take care of you."

Certification/Education

National Academy of Sports Medicine (N.A.S.M.): Advanced Personal Training
University of Illinois/Chicago: Bachelor of Science, Kinesiology

