

Reese Burrus, NASM CPT



Reese has the ability to successfully get her clients where they want to be physically and mentally, due to her focus and skills as a personal trainer. She motivates members as a dynamic Group Fitness Instructor and Certified Personal Trainer. Reese also instructs members with one on one boxing lessons. She believes keeping one's body moving the right way has the greatest benefits when functioning in today's society. Reese believes "the key to a healthy mind starts with a healthy body."

Testimonials

"I have trained with many trainers at many different clubs and Reese has proved to be the best so far. I've been working with Reese for over a year and in the beginning I could not do a single push-up and only limited poor-quality squats. She has the perfect balance of keeping it fun but hard work at the same time. I know she cares about my results and I have total confidence in her methods. A year on and I can complete SETS of push ups!- Jane W., Cambridge, MA

"Reese has always managed to make our sessions enjoyable and continually reinforces that she can show me and assist me to improve my fitness but in the end it is up to me to make the commitment. Reese has continually given me the motivation and encouragement to push myself a little harder to achieve results. Our routine is ever changing which keeps the workouts from becoming stale. She has shown me I am capable of things I never dreamed possible."-Lenice A., Brighton, MA