



**Certifications:** ACE Certified Personal Trainer, LIVESTRONG at the YMCA Cancer Survivor Coach

**Focus:** Strength Training, Sport Conditioning, HIIT (High Intensity Interval Training) one-on-one training and small group training. Works with all ages and all fitness levels.

**Personal Bio:** Porfirio was born and raised in the Mansfield Area and still lives here with his wife and two children. He ran track and played football in high school and played semi-pro football for 10+ years.

A Personal Trainer since 2012, my goal is to make a positive difference in each of my client's lives. My enthusiasm and dedication to you will not only help you achieve your goals, but allow you to become more confident in yourself. I want you to become the best version of you and I am going to be beside you each and every step of the way.

**PORFIRIO SUTTON** ACE Certified Personal Trainer