



### **Certifications:**

ACE Certified Personal Trainer

Transform your fitness journey with Tim Hinton, a certified personal trainer dedicated to empowering individuals to achieve their health and wellness goals. Tim combines expert knowledge with personalized training programs tailored to your unique needs. Whether you aim to lose weight, build strength, or improve overall wellness, Tim's supportive approach and motivational techniques will keep you on track and inspired every step of the way.

### **Personal Bio:**

Born and raised in the Mansfield area, Tim has a lifelong passion for exercise and helping others. He believes, "Exercise is not only good for the body, but also for the mind."

**TIM HINTON**

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