

PERSONAL
TRAINING
WITH

Corey Pickel



- NASM CPT
- NASM P&BB COACH
- NASM CORRECTIVE EXERCISE SPECIALIST
- NASM FITNESS NUTRITION SPECIALIST

Corey calls recROC home-base as the Director for facilities and programs. Corey comes from a diverse background of training and fitness. He is highly client focused, motivated, and personable.

Corey blends the right amount of coaching, discipline, and challenge to customize a training program or fitness routine for both adults and youth who are either new to fitness or seasoned and who are looking to crush their personal goals.

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