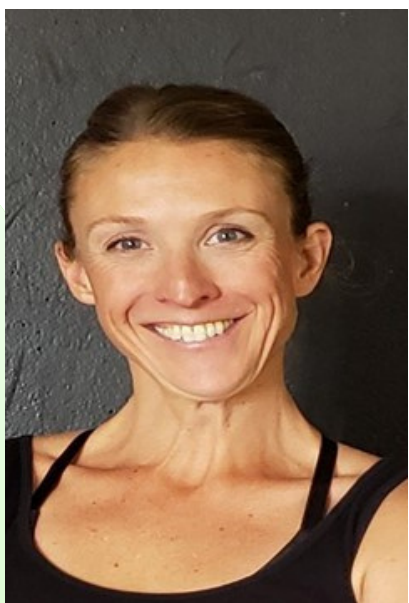




GET IN SHAPE WITH DARYL!

Hi! My name is Daryl Philipp and I'm a personal trainer who is extremely passionate about the body and movement. I spent over 20 years as a massage therapist, which I loved. I have three kids and spent 8 years in Germany raising them. My passion for fitness grew after finding a Crossfit gym there in 2017. I ended up becoming certified as a coach myself because I loved it so much. I had been a lifelong jogger and looking into the future and at aging joggers, I thought it was time to versify and gain some muscles. At the gym, I truly got stronger than I thought I was capable of and a lot of my limiting belief systems about myself were crushed. However, after injuring myself over and over and over and feeling burned out and tired all the time, I started questioning some of the methodology. I also started questioning some of the 70s and 80s cardio revolution ideology after taking it extremely easy during the Covid shut down and feeling better than ever while making even bigger strength gains. This and injuries led me to my own trainer and loads of research on how the body thrives. I became a certified personal trainer through NASM so I could confidently work with others and teach them all that I had been learning. It's been wonderful. I love working with people who have also been injured or burned out and want to feel better than ever but don't necessarily know how or need to be accountable to build their new habits. I want people to feel strong, mobile, nimble, capable, beautiful, and excited about their bodies and their lives. I love helping people reach their goals, whether it's to be fit for an activity or sport they enjoy, to play with their kids, to look good, or to eliminate pain.

My fitness philosophy has a lot to do with dosage, safety, and beautiful movement. Dosage means we don't have to do more than we need to do. We do need to do enough. And beautiful movement is how we keep from injuring ourselves in fitness and in all our life's activities. After building a foundation with the core (our natural weight belt), everything we do, whether with bodyweight, resistance bands, dumbbells, barbells, kettlebells, or any other tool we find, will keep the core and breath in mind. I also like keeping things varied so that working out stays interesting. I believe that we can increase fitness at literally every age and that even if you think you hate working out, we can find a way together to make it wonderful.



60 Minute Session per Week

Dalton Member: \$425/ Month

Non-Member: \$450/Month

Two 60 Minute Sessions Week

Dalton Member: \$800/ Month

Non-Member: \$850/Month

Three 60 Minute Sessions Week

Dalton Member: \$1,150/ Month

Non-Member: \$1,225/Month

****Available by appointment only****

Please Contact Daryl by **Phone:** 970-799-4028 or

Email: darylphilipp@gmail.com