



Don Ogden

Don is a NASM Certified Personal Trainer. He has been involved in fitness for over 25 years. Don is the creator of the Rockstar Experience Workout and PlyoMania. He is also a youth weight training and agility trainer. He enjoys sharing his knowledge of fitness with people and is always eager to learn more. When it comes to training Don believes that correct form is the key to getting the most out of your workout. As your trainer he will design a program to fit your needs and goals.