



## HOMETOWN

Oceanside, CA

## EDUCATION

International Sports Sciences  
Association (ISSA)

## CERTIFICATIONS

Personal Trainer, ISSA  
Nutrition Coach

## SPECIALTY

Functional Fitness  
Strength Training  
Interval Training  
Circuit Training  
Kickboxing/Boxing Training

## MOTTO

"Let's build a better/healthier life  
through fitness"

## FAVORITE EXERCISE

Deadlift  
Anything Muay Thai Kickboxing Training

## AVAILABILITY

Evening, Saturdays & Sundays

## BIO

Fitness has been a passion of mine for a large part of my life. I was born in Maryland, moved to California at a young age, and that's where my fitness journey began. From playing basketball, soccer, or weight training with friends, fitness has always been a part of my life. Some people have shopping, eating, or cooking to relax the mind, I've always had training. I moved from California to North Carolina in 2007 for family and in the process of just trying to learn more about training, form, and I got hooked on Muay Thai Kickboxing (Thai Boxing



YMCA Personal Trainer  
**GAVIN MOYE**

as the people in Thailand call it). I've trained Muay Thai for over 10+ years and have been a fitness nerd even longer, I just truly enjoy the process and being a part of people overcoming self-doubt, knocking down barriers to achieve what they never thought possible. Whether for you it's losing 2 lbs, adding 5 lbs to a squat total, or making healthier food choices, I'm here to help you see that just making a 1% change in your health and fitness can make a world of difference. I look forward to being a part of your journey. Buckle up, it's going to be a fun ride!