



INTRODUCING

Joey Sanchez

Personal Trainer



I am proud to welcome clients from all walks of life. Busy professionals and execs juggling work, family, and travel. Athletes requiring to get in season ready. The young and hungry chasing dreams. And moms and dads who need to stay healthy for more than just themselves. Some come to sweat away stress and insecurities. Others want to get back in shape following an injury or time off. Whatever your reason for considering me, I offer the expertise, atmosphere, and accountability to ensure you finally achieve your goals.

EDUCATION & CERTIFICATIONS

- Certified Functional Strength Coach (CFSC)
- National Academy of Sports Medicine (NASM)

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com