



Sam Arhim

Personal Trainer

inspired by speeches – pumped up by metal music – goal-oriented – loves Olympic style lifting – frozen yogurt fan

Sam Arhim adapts her workouts to match the age and fitness level of her clients. Movements are based on actions that people perform in their day-to-day lives such as squatting, pushing, and pulling. She believes fitness is a mindset. Believing in your abilities can help you meet your fitness goals, whether you want to get stronger, lose body fat or improve your overall health. Sam works with clients to design an exercise program that meets their needs while helping them perfect their form, because good form equals good results.

Why do you enjoy teaching fitness to others?

“I became a coach because I want to help people figure out how they can accomplish their goals. I want to drive people to own what they are doing in a meaningful way.”

Certifications & Experience

- Certified Strength and Conditioning Coach with (ISSA)
- Certified Personal Trainer with (NAFC)
- CrossFit Level 1 Trainer (CF-L1)

Contact Sam for Pricing

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