Shawntel Murray

Introduction:

My passion for fitness started at a young age and has been a constant throughout my life. People have always come to me for help with their fitness goals, which eventually led me to pursue my NASM certification and train professionally. I competed in track and field through high school and college, then transitioned into boxing and Brazilian Jiu-Jitsu. Those disciplines helped shape my athletic mindset and coaching approach.

Experience:

I've worked with a wide range of clients, from complete beginners to competitive athletes, helping them transform their bodies and improve their overall performance. My background as a former track athlete, boxer, and jiu-jitsu practitioner gives me a diverse training lens that blends speed, strength, conditioning, and mobility. I design individualized programs tailored to each person's goals, whether it's weight loss, muscle building or improving athletic performance. I also work with people recovering from setbacks or just looking to feel better in their everyday lives. Whether someone wants to lean out, build explosive strength, or get back in shape after years away from fitness, I help them achieve that. It's about building confidence, structure, and long-term change.

Certifications:

NASM Certified Personal Trainer

Red Cross CPR/AED Certified

Focus:

Client safety and results are my top priorities. I believe that with the right strategy, accountability, and mindset, anyone can become the best version of themselves. My philosophy is built around structure, effort, and support every step of the way. Whether the goal is fat loss, muscle gain, athletic performance, or simply better health, I guide clients with a focused, no-nonsense approach that gets results and builds confidence.