

PERSONAL TRAINING STARTS HERE

Because fitness needs encouragement.

Transformations aren't easy. That is why designing a fitness plan tailored to your unique lifestyle and personal fitness goals is crucial for success.

PIER FITNESS
would like
you to meet **Brian Delfin**

Brian is a ISSA Certified Personal Trainer and Nutrition Specialist. He has a true passion for fitness and wants to share it with you.

Pier Fitness offers several affordable packages to individual personal training sessions, our certified trainers are here to help you. Each multi-session package includes a consultation, an assessment, body composition, and personal workouts. Check out all our trainers profiles at our website or call us for more information!



PIER
FITNESS

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