

Sean Callahan

Hello! My name is Sean Callahan. I instruct Spin, Boxing, Total Pump, and Boot Camp. I very much enjoy people. I'm a former multiple-sport athlete and have taken the things I've learned in those sports into the coaching arena.

I have a passion for helping others achieve their goals. To me, there is nothing more gratifying than to watch another person succeed. I'm an Army retiree. As I transitioned back into the civilian world, I still wanted to be a part of the growth of others. Being a fitness instructor has afforded me that opportunity.

Additionally, I have a background in nutrition and can assist my clients in getting on a healthy nutritional path. I like my classes to be fun. I feel that one of the biggest motivators on a fitness journey is humor.

My approach to my classes is that we are a team; a family. We're in it together. We hold each other accountable, we are all examples to one another, we encourage one another, we lift each other up.

I like to hear other's input and do my best to implement new ideas that are suggested by my team members. I look forward to seeing you in my classes!