

Crystal West

PERSONAL TRAINER



At age 44, with 26 years of training experience, I am available for personal training sessions. Together, we can reach your fitness goals.

My Background: Bachelor of Arts degree and a Juris Doctorate degree. I spent 10 years in New York as a trial lawyer, and had an extremely successful and satisfying career. After “retiring” from the law I chose to follow my life long passion for health and fitness. I am currently focused on personal training, as well as fitness and commercial modeling, figure competitions, and World Record pull-up events.

Phone: (954) 328-3957
cwestfitness@gmail.com