



Tim Miles

*International Sports Sciences
Association Certified
Personal Trainer*



Tim has been passionate about fitness for over ten years, and personal training for over five. Growing up in Texas, Tim has a background in collegiate level football, where he also played basketball and ran track. Tim has experience in training all levels of fitness, specializing in high-intensity interval training, high-intensity resistance training, weight loss and bodybuilding. Tim loves to see people achieve their goals and bring their best self forward, and he is looking forward to helping each of his clients meet and exceed their goals.

www.mykroc.org/personal-training