



FIT FOR LIFE!



***Do you want better balance
and flexibility? Do you feel too
out of shape or just too
intimidated to join a gym?***



We offer training options for every fitness level - with exercise physiologists and specialists in senior fitness on our highly qualified team. We'll help you keep doing what you love in a healthy way, injury free way!

Katy Mattis, NASM CPT, CES



As a long term client at SMTC, both as a PT patient and as a coaching client, Katy has a passion for helping clients develop both functional and performance strength.

Katy is a NASM Certified Personal Trainer, a Corrective Exercise Specialist, and recently became a NASM Senior Fitness Specialist.