

## **Troy Forte'**

Fitness Forum Trainer Since 2007

Troy was born and raised in California. As a young man he trained hard and became an All-American football player in both high school and college.

Troy is also a certified black belt in several martial arts. For nine years, he taught self defense classes for young people and women in Vacaville, Ca.

After moving to Arizona in 2004, Troy enjoys playing golf, tennis, and staying fit.

A certified AFAA Personal Trainer, Troy enjoys working with people of all fitness levels.

"Every goal is attainable with hard work."