



Dan Hogan

Personal Trainer

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Weight Loss

Strength & Toning

Balance & Agility

I spent 7 years in the stressful environment of telecommunications developing a training program for my own use. I soon realized that my aerobic routine improved my overall energy level while making it easier to handle stress. I also found that a solid strength training regimen gave me the confidence I needed for job interviews.

Now, I am creating programs for my clients with one important thing in mind: we all have many other demands in our lives that are just as important as physical appearance and weight. A good fitness routine can help with those demands too.

Whether you are just getting started, trying to break through a plateau, or want to adjust your fitness program based on changing needs, we can make it happen.