

Steven Clarke

TEAM MEMBER OF DESERTVIEW FITNESS CENTER

Steve comes to SadddleBrooke from the east coast where he spent to majority of his life. He has owned in SaddleBrooke since 2018 and started residing here full time in 2021.

Steve has always had a passion for physical fitness and personal safety. He was a defensive tactics instructor for over 22 years and has been a self-defense instructor since 2006. He was first certified as a personal trainer in 2003 by the Cooper Aerobics Center and now holds a certification through the American Council on Exercise (ACE).

Steve specializes in coordination and agility through muscle strength, power, and endurance, encompassing a full range of motion. He believes it is important to build the muscles and stabilizing joints necessary for the activities of daily living. Thus, making him a great trainer for the client looking to improve their daily function. Steve has also been involved in some form of physical competition most of his life, he has the knowledge and expertise to assist those clients looking to improve their competitive edge by building the speed and power to improve performance.