



What our clients love about **Damon Marable**



Almost four years ago my family joined HAC. As a birthday gift, I gave my husband Bryan personal training sessions. It was something he had always been interested in trying. The trainer he was assigned to was Damon. Bryan enjoyed his sessions and thought that I would too. I had never really spent much time in a gym and when I did, only used the machines for cardio. Before I knew it, I was signed up and ready to start training with Damon. I was very nervous and anxious.

Right from the start Damon was friendly, encouraging, and positive. After only one session, I was hooked and ready for more. I never felt intimidated and Damon presented me with challenges that I could work towards conquering. “I became stronger and more health conscious. My eating habits changed and my energy increased.”

After about a month and a half, I found out I was pregnant and had to stop training due to medical reasons. I never lost Damon’s support though. I could still do light cardio and he was always checking on me to see how I was feeling. He found articles and information on exercise during pregnancy and even went as far as buying me a DVD I could use at home. Once our daughter was born, it took me almost a year to get back into the gym regularly. I couldn’t wait to work with Damon again and it didn’t take long to see results. Damon wasted no time and had me weight training and swinging kettlebells! I’ve lost the baby weight and gained muscle back.”

Damon is creative in his exercises and is always coming up with a new twist. I never know what will come next, but it will always be effective and target the areas I would like to tone up and improve. No workout would be complete, though, without squats, deadlifts, or anything that will improve my lower body! Even when I think that a weight is too heavy or I have nothing left to give, Damon is there to cheer me on. He never lets me fail and pushes me to do things I never thought I could. Damon’s positive energy, caring personality, and drive inspire me to be a better person every day and to make sure I hit the gym!

— *Kim Crossan*

I wanted to take a minute to tell you how awesome Damon is! His personality is incredible and he really knows how to work you towards successful outcomes. He has flexibility and understanding that sometimes things pop up and we need to change appointment times etc. Definitely an asset to HAC, and a huge motivator for me!

— *Carl Donato*

