

WILLIAM “BJ” VICKERS, II

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William received his certification from the International Sports Science Association (ISSA). He is a very enthusiastic and optimistic trainer. He has experience working with a wide variety of populations; men, women, and youth through many different fitness domains including weight loss, strength and conditioning, injury prevention, wellness coaching, and endurance training. His training style has proven a success to maintain muscle tone, flexibility, and weight loss. Each session is tailored with motivating techniques to maximize their fitness potential for the best results. William seeks opportunity in his personal life to have optimal health and encourages others do the same.



National Physique Committee (NPC)
Men's Physique Competitor,
football fan, and avid learner of the
latest fitness developments.

Certifications: International Sports
Science Association (ISSA), CPR/AED
First Aid

Become strong and join the wolf pack!