



Certifications:

ACE Certified Personal Trainer, LIVESTRONG at the YMCA
Cancer Survivor Coach

Focus:

Strength Training, Sports Conditioning,
HIIT (High Intensity Interval Training), one-on-one training
and small group training. Works with all ages and all
fitness levels.

Personal Bio

Porfirio was born and raised in the Mansfield Area and still
lives here with his wife and two children. He ran track and
played football in high school, and played semi-pro
football for 10+ years.

As a Personal Trainer since 2012, my goal is to make a
positive difference in each of my client's lives. My
enthusiasm and dedication to you will not only help you
achieve your goals but allow you to become more
confident in yourself. I want you to become the best
version of yourself, and I am going to be beside you each
and every step of the way.

PORFIRIO SUTTON

ACE Certified Personal Trainer