



Robert McKinley

I have been a personal trainer for seven years in the Capital Region. I have a real passion for teaching. As for most that know me, I have been down an unhealthy road in my previous years and with my personal experience, I can help you overcome your own boundaries and limitations.

Through the knowledge and experience I have gained in my practice, I integrated a comprehensive, customized system that is tailored to your individual needs to ensure you sculpt your body into the masterpiece that you desire.

Albanyfit1@gmail.com