



Don Bittle

Courtsports Personal Trainer

Healthier and Stronger—no matter your age!

Don comes to us with a two-year Associate of Applied Science Degree from the Exercise and Movement Science program at Lane Community College. In addition, he has earned certification to teach Better Bones and Balance and SilverSneakers Muscular Strength and Range of Movement classes.

Studies show that many of the problems we associate with aging are actually caused by muscular weakness, and can be reversed with strength training. Having personally trained for and competed in body building competitions after reaching the age of 60, Don is living proof that people CAN get stronger as they age.

Don is dedicated to enhancing the overall health and well-being of all individuals, groups, and special needs populations. Try him out and see what he can do for you!



BETTER BONES & BALANCE

