

Todd Burnell

certified personal trainer

Todd Burnell holds a B.S. in Exercise and Sports Science from Texas State University and is certified through American Council on Exercise.

He has over 8 years of experience as a cheerleading coach, advanced tumbling coach, and operating the squad's strength program.

Todd also had over 20 years of athletic experience in martial arts, wrestling, basketball, baseball, softball, track, football, soccer, volleyball, gymnastics and cheerleading. Todd also enjoys Brazilian Ju Jitsu and Kickboxing.

His training motto is "You got to work hard, really hard, but you got to have fun too."

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Houstonian Lite Health Club
Certified Personal Trainer
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