



## Meet the Trainer

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# Bruce Rochelle

**Age:27**

**From: Durant, OK**

**Training Area: Strength training and athletic coaching.**

**Certifications/Education: Bachelors degree in exercise science.  
Westside Barbell personal training and athletic coaching.**

**About me: I am a nationally qualified powerlifter. I graduated from SOSU in 2015. I am also a musician of 14 years.**

**Did you know? My favorite meal is a New York Strip with a baked potato and a Caesar salad.**

Use link to set up following:

- Fitness Consultation
- Fitness Evaluations
- Personal training may be set up with a personal trainer after consultation

*\*Dependent upon openings\**

*<https://durantwellnesscenter.as.me/schedule.php>*



**Choctaw Nation**  
  
**Wellness Center**