



Guys on the Go is a fitness program for school age boys. Our program focuses on providing a challenging fitness experience to help boys achieve strength and endurance through fast paced games and strength exercises. While we encourage hard work, we also promote a cooperative environment by providing strong leaders to ensure that boys learn to work together for a positive and fun fitness experience.



Contact Bill Hall to bring Guys on the Go to your school.

Bill Hall
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Bill Hall graduated from the University of Florida with a B.S. in psychology and from Marymount University in Arlington, VA with an M.S in Health Promotion Management. Bill developed his activity leadership skills for school age children as a former Arlington Public Schools Extended Day supervisor. Bill is currently a full time personal fitness trainer with his company Core-fit, LLC and has over 5 years experience training youth and adults in fitness. Bill started Guys on the Go after being asked to start a fitness program for boys at Arlington Science Focus School. Bill has competed in endurance sports including mountain biking, road cycling, and Ironman triathlon and uses his experience as an athlete to bring out the best in his clients.

Alexandria, VA 22312