

A fitness plan for everyone



Ragsdale High School golfer Darren Lee (above-left) and soccer player Maxwell Fisher (above-right) go through strength and agility drills at the Fisher Fitness Training Center. (Photo contributed)



Damian Fisher (above-left) runs Clarence Brown (above-right), 87, through agility drills at his fitness studio. (Photo contributed)

Whether you want to be an elite athlete or just physically enjoy a higher quality of life, Kernersville’s Damian Fisher is here to help.

Fisher, the owner of Fisher Fitness Training at 129 Church Lane in Kernersville, has a very diverse skill set as far as fitness training, and caters fitness training to the individual needs of people, regardless of their age or current athletic ability.

“I help train athletes, older people, house wives, business owners who don’t have much spare time. I have a 90 year-old client that has been with me for three years, a 60 year-old grandmother, young golfers and soccer players,” Fisher said. “It is something that everybody can benefit from. I create a program through a person’s specific goals and needs and what they want to accomplish. I have one 65 year-old businessman I train, and it is more of just a stress reliever for him because his job is so stressful. I enjoy the diversity of my training population because I get to use all of my tools.”

Fisher is a graduate of NC A&T University and is a Certified Master Fitness Trainer. He has been a professional fitness trainer serving the Triad area since 1997. He used to be a co-owner of two Gold’s Gyms and was the co-owner of a personal training studio in Greensboro before moving to Kernersville three years ago. In high school, he was a soccer and water polo player and a swimmer. In the 1980s, he got into bodybuilding. He was a Mr. Teen NC in bodybuilding and won the Mr. NC bodybuilding competition in the middleweight class in 1997. Fisher was a big promoter of natural bodybuilding in the Southeast in the 90s and early 2000s. He has been a bodybuilding promoter, judge, trainer and coach. Bodybuilding training is just one of the many things Fisher has to offer. His interest in fitness training started at an early age.

“I played sports in high school and I always had an interest in sports, physical fitness and how fitness and nutrition play a role in human performance,” Fisher said. “As I have aged, I believe human performance is all relative. I think the biggest difference is professional, customized fitness that is affordable. I do a lot of consulting and I design training programs people will do on their own, and I work on their nutrition programs. I try to match the training to their personalities and routines. I do some video consulting as well. With a client, I set specific and attainable goals. Once we know where we are going, we can get there. I think there is a market here for that kind of specialized training.”

Fisher offers weight loss training, strength training, senior fitness training, bodybuilding training, video consulting and private fitness training. Obviously, the COVID-19 pandemic has had an effect on Fisher, as it has on everyone. Fisher said the majority of his clients from the Greensboro area have stayed with him and he is hoping to help as many people in Kernersville as possible.

“I do work with an older population some. When I moved, they were the ones that wanted to come back the most. I can’t do small group training right now because of the pandemic, but I can train a husband and wife, couples and co-workers,” said Fisher. “I go through all the standard procedures, take temperatures and stay six feet back. I have a 1,600 square foot space to work in. I wash my hands when I get there and I pre-clean everything I will use before a session. All workouts are pre-planned for that specific client. I am cleaning a lot.”

For more information about Fisher Fitness Training, visit the website at www.fisherfitnesstraining.com and/or call (336) 314-9038.

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