



Dr. T. Ph.D.

The Prodigy of Sport Psychology at GoTarryn!



Recommendations



Received

Given



Catherine Carrigan · 1st



Medical Intuitive Healer + Amazon No. 1 Bestselling Author + Host,
The Natural Healing Show for UK Health Radio

May 15, 2017, Catherine worked with Dr. T. but on different teams

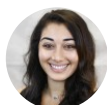


All LinkedIn members

On



Tarryn Hoff is knowledgeable, personable and kind. He is dedicated to personal growth and expansion of his talents as a trainer. You will enjoy working with him!



Pardis Khoshlesan · 1st



HR Specialist

February 1, 2016, Pardis was Dr. T.'s client



All LinkedIn members

On



Tarryn the Travel Trainer, it has a nice ring to it! Tarryn is the best trainer I've had, he keeps you motivated, he inspires you, and he pushes you even when you think you have reached your limit. The relationship Tarryn forms with his clients are not just strictly working out, he cares about what is going on in your personal life so that you can be physically and mentally healthy.

If you want to look better, feel better and be happier I recommend you contact Tarryn!



Di Chapman · 1st



Author, Speaker, Humorist Columnist, Blogger, Branding Expert

September 21, 2015, Di was Dr. T.'s client

All LinkedIn members

On

Tarryn Hoff is an incredibly dedicated and proficient personal trainer whom I had the pleasure of meeting while working as a CBS On Topic reporter. His talent, his personalized attention, and his knowledge are terrific. I highly recommend his service!



Prescott C. Miller · 1st



Managing Director, Round Hill Capital LLC

September 2, 2015, Prescott C. was Dr. T.'s client

All LinkedIn members

On

I have been working with Tarryn since March 2015. He has been a huge factor in improving my fitness. it is my pleasure to recommend him.



Lerone Cook · 1st



Civil CAD Designer at River2Tap

July 16, 2015, Lerone was Dr. T.'s client

All LinkedIn members

On

Tarryn is an excellent trainer. Very attentive to your fitness goals. My 2-3 months time training with Tarryn was great. He help me build up my confidence & reach my fitness goals. Tarryn is also mobile & very flexible to meet. I recommend anyone who wants to achieve healthy living to contact Tarryn.



Foster Stenson · 1st



Navy

March 10, 2015, Foster managed Dr. T. directly

All LinkedIn members

On

Tarryn was one of the most professional and encouraging trainers I have ever come across. He was very flexible to my always changing schedule and provided me the right level of motivation to push forward. I owe him a lot for the current success I have in the US Navy.



Chad Riedel  · 1st



CEO / Managing Director / COO / Operating Partner

February 27, 2015, Chad was Dr. T.'s client

 All LinkedIn members

On 

Tarryn is just what we have been looking for in a trainer; we both work, so his flexibility and willingness to work with us has been the difference. Not only has he accommodated our logistical issues (he comes to the house if necessary), but he is super positive and somehow makes us feel good while putting us through demanding workouts Tarryn focuses on the things that we can't really get to on our own by making sure his instruction complements and balances our regular exercises/workouts . . . Thanks and way to go Tarryn!!



Rob Saint Laurent · 1st



Content Editor at Responsum Inc

November 25, 2014, Rob worked with Dr. T. on the same team

 All LinkedIn members

On 

I had the opportunity to work under Tarryn's direction while at the Striar Old Colony YMCA. The combination of his pleasant demeanor, professionalism and health/fitness expertise made him both a pleasure to work with and an asset to our team. I recommend him without reservation for any situation that may arise during his career.



Maurice Settles  · 1st



Sales Executive

November 21, 2014, Maurice worked with Dr. T. on the same team

 All LinkedIn members

On 

Tarryn is a wealth of knowledge and encouragement, which is why so many of his clients have been successful meeting their fitness goals.



Mary Lewis · 1st



Realtor eXp Realty & Staff Attorney at Holland & Knight LLP

November 20, 2014, Mary was Dr. T.'s client

 All LinkedIn members

On 

Tarryn worked with my son as a personal trainer. His workouts were challenging but safe, and my son really got a lot out of the sessions. I would definitely recommend Tarryn to anyone in the market for personal training.



John C. Gordon · 1st



Owner - Gordon Document Products, Inc. Partner at Perfect Circle Renewable Energy

July 22, 2014, John C. was Dr. T.'s client

All LinkedIn members On

I ve employed a number of personal trainers over the years....Tarryn is as good as they get. He is knowledgable, motivating, polite, honest and accomadating. For Tarryn, unlike most, it does nit appear to be "all about the money". In fact, his sincere nature really makes me believe he's interested in helping me achieve good fitness and health. I enthusiastically recommend him!



Deanna Mills · 1st



Talking people, culture and philanthropy to internal audiences

May 22, 2014, Deanna was Dr. T.'s client

All LinkedIn members On

I was looking for a kettle bell expert to lead an instructional clinic for a spring wellness program and was fortunate to find Go Tarryn! The Traveling Trainer after doing an internet search. Tarryn is incredibly talented, and his laid-back demeanor is both disarming and encouraging for new exercisers. Tarryn is also a balanced business man with a carefully crafted brand. If you are looking for a personal trainer for a corporate setting or for your personal program, I highly recommend Go Tarryn! The Traveling Trainer. He won't disappoint!



Di Chapman · 1st



Author, Speaker, Humorist Columnist, Blogger, Branding Expert

October 29, 2013, Di worked with Dr. T. but they were at different companies

All LinkedIn members On

When I met Tarryn to profile him in a CBS online article, I was extremely impressed with his professionalism and incredible ability to "connect" instantly with me. As we discussed his approach to health and fitness training, it became very clear to me that he's a testament to the industry's mission to strive to bring the best to personal training clients. Tarryn is definitely the man to see.

Bob OHarra · 1st

Retired at None

July 27, 2013, Bob was Dr. T.'s client

 All LinkedIn members

On 



Tarryn Hoff has been assisting me to reach my personal health and nutrition goals since January 2013. I have found that Mr. Hoff has an extensive knowledge of the fields of health, exercise, and personal training. He has helped me to develop realistic and achievable fitness goals and has exhibited outstanding motivation skills. Mr. Hoff is extremely dependable, an excellent communicator, good listener, a team player (he has participated in special events with other personal trainers at the health club I attend), and, he has the ability to "think creatively and outside the box". Mr. Hoff has a keen sense of humor that makes our training sessions enjoyable and fun. I highly recommend Mr. Hoff as an employee or personal trainer.



Doug Cornell · 1st

Controls + Automation Engineer Management/Consultant I at Hargrove Engineers + Constructors

July 19, 2013, Doug worked with Dr. T. but they were at different companies

 All LinkedIn members

On 



Tarryn is dedicated to excellence in his work. His work is more of a passion than a job. He has very good people skills and always on time if not early!



Grace Purtell · 1st

People Engagement Manager at iContact

July 12, 2013, Grace was Dr. T.'s client

 All LinkedIn members

On 



Tarryn is a great motivator in the gym and is very knowledgeable in the area of personal fitness. He can be counted on for great results and I would recommend his services.



Alicia H · 1st

IP legal asst.

July 2, 2013, Alicia was Dr. T.'s client

 All LinkedIn members

On 



Mark Taillard · 1st



Courtyard by Marriott Northlake

May 31, 2013, Mark worked with Dr. T. but they were at different companies

All LinkedIn members

On

Tarryn Hoff is one of the best Fitness Directors I have ever met and had the chance to work with. His knowledge, education, personality, and passion for good health and physical fitness provide a unique and refreshing dimension to his successful ability to manage staff and work with clients. Tarryn would be a valuable asset to any organization.

Bob OHarra · 1st



Retired at None

May 31, 2013, Bob was Dr. T.'s client

All LinkedIn members

On

I hired Tarryn as my personal trainer after observing him work with some of his other clients at the health club I attend. Tarryn began working with me in February 2013 and since that time, I have found Tarryn to be high professional, extremely supportive and very knowledgeable in the field of health promotion and exercise. One attribute that I especially appreciate is his flexibility. If it is necessary to reschedule our sessions, Tarryn is always happy to accommodate any schedule change. I've never worked out with a personal trainer before and I feel very fortunate that I found Tarryn to be my personal trainer. I can honestly state because of the support and encouragement I receive from Tarryn that I am on my way to accomplishing my personal health care goals.



Mac Frampton · 1st



Pianist at Producers, Inc.

May 28, 2013, Mac was Dr. T.'s client

All LinkedIn members

On

Tarryn is a friendly and motivating person who is always on time. He takes an active interest in all of his clients. I am experiencing significant positive results after working with him for the past several months.



Cydney Tyler · 1st

Chapman Hall Realty

May 28, 2013, Cydney was Dr. T.'s client

All LinkedIn members

On



Tarryn, Has been great! His ability to train in amazing. His sense of your needs is also awesome. Not to mention he cares about who he is training. I feel so fortunate to have found and met Tarryn.

Cydney Tyler



Lisa House · 1st

owner at Salon Elite of Madison Inc.

May 6, 2013, Lisa was Dr. T.'s client

All LinkedIn members

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Tarryn is very knowable, personable and respectful trainer. He chalanges you to work out by making it a fun thing to do. He has different routines at each time to work out and chalange your weak part of the body! I will use Tarryn at any time if a personal trainener need arises.



Bel Gebru · 1st

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April 10, 2013, Bel was Dr. T.'s client

All LinkedIn members

On





Lisa Cutliffe-Taylor, CSM, CSPO, MBA, ITILv3 · 1st



Process is my passion!

February 24, 2013, Lisa was Dr. T.'s client

All LinkedIn members

On

Tarryn is everything I wanted in a personal trainer!

In getting back into the physical fitness groove, I needed someone with knowledge, a flexible schedule, and with whom I could build a good rapport.

Tarryn's motto is "it's your time, your investment, and your life." He invests as much time in you as you are willing to invest in yourself.

Never pushy, Tarryn offers positive support in and out of the gym, making sure to follow-up with me between sessions to keep me motivated. He shares great articles, food suggestions, and keeps the work-out interesting by changing up strength and cardio activities. He also makes sure I stretch properly and adapts the routines to accommodate my physical requirements. Most of all, Tarryn listens.

I strongly encourage anyone looking to engage a personal trainer to consider Tarryn!

Eric Buffenbarger · 1st



Managing Member

February 20, 2013, Eric was Dr. T.'s client

All LinkedIn members

On

Tarryn is great to work with and gets results!



Andrew Ziffer · 1st



Partner - NNN Holdings at Greenleaf Management, LLC

January 31, 2013, Andrew was Dr. T.'s client

All LinkedIn members

On

Tarryn creates results. His training sessions have been a real life changer for us. I proudly recommend him!

Andrew

Bekele Gennet · 1st



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January 30, 2013, Bekele was Dr. T.'s client



All LinkedIn members

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Tarryn is very respect full ,professional ,punctual, a hard working and creative man.He is serious in his work and at the same time friendly with his clients.He has sense of humor, and that gives a flavor to his training program ,Most of all he is very polite,.
gennet bekele



Janet Gniadek PMP,MBA,MPH · 1st



Client Delivery Program Manager/Release Train Engineer at AIM Specialty Health

November 6, 2012, Janet was senior to Dr. T. but didn't manage Dr. T. directly



All LinkedIn members

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Tarryn has looked for more opportunities to advance his career within HealthFitness. One of these opportunities was to become a health educator. Through his work as a health educator for my client, I was able to see how passionate Tarryn is to help individuals with their health and fitness goals.

He is very organized and follows instructions well. In addition, participants in his seminar felt that he is professional, on time, and knowledgeable.



Travis Brown · 1st



CEO at TMaxfit

October 27, 2012, Travis worked with Dr. T. but they were at different companies



All LinkedIn members

On



I currently work for Corporate Sports Unlimited as an Assistant Manager and Wellness Coordinator and I highly recommend Tarryn Hoff. He has tremendous enthusiasm and creativity that he demonstrates as a Program Manger at HFC. He's a hard worker and strives to please the members and clients that he works with. He is a highly qualified manager, who would meet all expectations for any company that is seeking his services. I give my endorsement to Tarryn and have the utmost respect for the way he carries himself professionally.



Tyrone Hines · 1st

Real Estate Agent

October 26, 2012, Tyrone was Dr. T.'s client

All LinkedIn members

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Tarryn is really Great at his profession. He is very respectful of me as a client and very understanding of each clients limitations. If you are looking for a Drill Sargent who yells and screams at you Tarryn is NOT your guy. But if you are looking for someone who is very knowledgeable, motivating yet nice he would be a great fit.



Patrice Euell · 1st

Sr. Tax Manager (Foreign Capex & Withholding) at Amazon

September 2, 2012, Patrice was Dr. T.'s client

All LinkedIn members

On



Tarryn is so great to work with. He is knowledgeable about training and has shows such an interest in the quality of your health and the training that he provides. Over the years, he has helped build my endurance, toned up my body and generally gotten the weight off. I wouldn't trust my physical fitness to anyone else and it makes it great that he has such a wonderful personality and attitude.



Fernanda Barella Kirchner · 1st

Senior Project Manager at Georgia Department of Economic Development

August 8, 2012, Fernanda was Dr. T.'s client

All LinkedIn members

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I started training with Tarryn to get in shape for my wedding day and kept training with him ever since. He always motivates me to go beyond where I think I am capable of going. I have seen great results, and now my husband is also Tarryn's client!



Jason Prior, MBA · 1st

VP, Revenue Growth Management at Newell Brands

August 7, 2012, Jason was Dr. T.'s client

All LinkedIn members

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Tarryn helped me in my endeavors to improve my level of physical fitness. We trained in preparation for my first ever 10k race, and as a result of his training, not only did I complete the race within my target time, but I also lost 4 inches around my waist.



Queena Jenkins, CPA, MBA, MAcc · 1st

Detailed-oriented professional and dynamic leader with demonstrated success in directing teams in supporting and achieving objectives.

July 27, 2012, Queena was Dr. T.'s client



Home



My Network

Tarryn is the absolute best trainer ever. He's very motivational and encouraging. The icing on the cake is the fact that he gets you the results you want!



Theone Rutledge · 1st

Marketing and Business Development Director

July 25, 2012, Theone was Dr. T.'s client

All LinkedIn members

On



My neighbor and I have been work working out with Tarryn once a week for about one year. Tarryn has really challenged us in our work outs and is very knowledgeable about how to work different muscle groups to achieve the results we are looking for. He is also a very nice, pleasant person who is extremely committed to his job. I highly recommend Tarryn for anyone looking for a private trainer.



Crystal Ni · 1st

Global Sourcing Manager at ChargePoint

July 24, 2012, Crystal worked with Dr. T. but on different teams

All LinkedIn members

On



Tarryn is a great fitness manager and trainer at Coca Cola Refreshment fitness gym. He is very knowledgeable about the equipment and group fitness classes. Also he is down to earth, people oriented, driven and passionate at helping people out! Go Tarryn!!!



Andrew Aiken · 1st



Owner and Oral Surgeon at Oral Surgery Specialists of Atlanta

July 24, 2012, Andrew was Dr. T.'s client

All LinkedIn members

On

I have been working with Tarryn for almost a year now, and I have really enjoyed it. I look forward to the variable exercises that he brings to the table, and I am happy with the results. Go Tarryn!



Darwyn Young, MBA, · 1st



Chief Executive Officer at Emerson, Gray & Young Investments

July 23, 2012, Darwyn was Dr. T.'s client

All LinkedIn members

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Tarryn is an amazing personal trainer with an eye for personal progress and the drive to make any client successful in their goals! I worked with Tarryn in 2010 while getting ready for a friend's wedding, and the results I saw were phenomenal to say the least! I highly recommend Tarryn to anyone that wants true results and the understanding behind it!



Jeffrey Hewlings · 1st



Teamwork, accountability, and overcoming adversity = keys to success.

July 21, 2012, Jeffrey managed Dr. T. directly

All LinkedIn members

On

Tarryn is a passionate, energetic health care professional - a good listener and always willing to learn. He is willing to take risks in support of moving his team forward, is accountable and takes responsibility for his actions, and works well as part of a team.

Looking for a manager that will bring energy and enthusiasm - and one that supports and works toward the goals of the organization? Talk with Tarryn Hoff.

**Michael Hall** · 1st

Personal Trainer and Personal Motivator

July 20, 2012, Michael reported directly to Dr. T.

All LinkedIn members

On

Was a great manager, was very helpful in getting things done. If i had a question about anything he would help me with it. As my manager he helped me push me where I needed it.

**Cathryn Marshall, MSW** · 1st

High quality relationships and heart centered sales | Business Consultant | Speaker | Author

July 19, 2012, Cathryn worked with Dr. T. but they were at different companies

All LinkedIn members

On

Tarryn Hoff and I became associated through the internet and he has displayed incredible professionalism and a passion for personal training. I referred him to one of my former clients and he has done an excellent job as an independent trainer. He also was kind enough to send me an extremely creative marketing video he created for my own personal use. Tarry is truly a credit to the fitness industry and I trust him to excel as a professional. It means a lot to me that I have great trainers like Tarryn to refer to and share resources with. I'm thankful to know Tarren and look forward to continuing our working relationship. Many thanks!

**Dalia Kinsey, RD, LD** · 1st

Inclusive Wellness Expert | Holistic Registered Dietitian | Author | Workshop Facilitator | Speaker | I help healthcare and wellness providers create inclusive spaces

July 19, 2012, Dalia was Dr. T.'s client

All LinkedIn members

On

I was determined to drop a few dress sizes before a wedding, but was having little luck on my own. Tarryn got me the results I was looking for. He is extremely knowledgeable, and professional. I couldn't have been more pleased with the support I received during my training.



Lakita Hall · 1st



Chief of Staff at FirstKey Homes

July 19, 2012, Lakita was Dr. T.'s client

All LinkedIn members

On

I started working with Tarryn in 2008. He is a great personal trainer! He's friendly and personable. He tailors each workout to your personal goals and helps you meet and set new goals. I've worked with Tarryn off and on over the past 4 years. He is an excellent trainer, gives great advice regarding your fitness regime, diet, and overall health. Tarryn really cares about you as a person. He's always there with a smile on his face encouraging you to do your best!



Steven M. Purtell, M.B.A · 1st



- Senior Sales Professional - Contract Management Lifecycle Sales, PreSales Director, Sales Solution Engineer.

July 18, 2012, Steven M. was Dr. T.'s client

All LinkedIn members

On

I have worked with Tarryn for 15 sessions so far and the results are fantastic! Tarryn is personable, knowledgeable and has pushed me to achieve fantastic results! I would highly recommend him to anyone who is looking for a trainer who will tailor make a value-added program to fit you.



Janet Ziffer · 1st



Director, Consumer Insights

July 18, 2012, Janet was Dr. T.'s client

All LinkedIn members

On

I've been training with Tarryn for about 2 months now. He has a great demeanor, is focused on my fitness success, and does a great job tailoring my workouts to meet my goals. I'm looking forward to seeing more results over time and can already tell that I'm making progress!



Tony Yannuzzi · 1st



Editor/Writer

July 18, 2012, Tony was Dr. T.'s client

All LinkedIn members

On

Tarryn has been a friend of mine for the past 20 years. The way he runs his personal training service is something to be proud of.



Ali Lamothe · 1st

Change Leader | Health + Wellness Advocate | Diversity, Equity + Inclusion Champion | Motivator

March 28, 2012, Ali worked with Dr. T. on the same team

All LinkedIn members

On



I had the pleasure of meeting Tarryn last year at an annual Regional Manager's meeting with Health Fitness. My first impression of Tarryn was that he was a very pleasant, and easy going person. He is an exceptional manager, and has so much enthusiasm not only in regards to his job, but as an individual. I hope to be able to work with Tarryn again in the future.

People also viewed



Patrick Cohn, Ph.D. · 2nd

Mental Training Expert at Peak Performance Sports, LLC | 888-742-7225

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Marlene Bien-aime · 1st

Personal development Coach + trainer

Message



Thomas Papi, Ed.D. · 2nd

Grand Canyon University

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Catherine Carrigan · 1st

Medical Intuitive Healer + Amazon No. 1 Bestselling Author + Host, The Natural Healing Show for UK Health Radio

Message



Anna Polnow • 2nd

RN nurse navigator - Cardiac Cath Lab at OSF St. Anthony's Medical Center

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