

“I was afraid that I would never be able to be as competitive in track since I broke my leg in my freshman year of high school. Norm McCallson has helped me regain and build on the strength I lost due to my broken leg. I have never felt stronger, faster, or more confident. Norm was an integral part in helping me make the US under 17 team. Every workout seems to be more fun and challenging than the last. Norm’s cheerful personality always gets me to work harder and enjoy my workouts.”

- Z. Chandy (August 2005)

“Having trained at Supreme Fitness for two seasons now, I’ve developed into a stronger, more confident athlete. Providing me with nutritional advice and encouragement to work harder, I qualified for the 2000 Olympic Games. Losing weight, becoming stronger and increasing my endurance level, I feel the time I invested into the program was well worth it.”

- M. Cavic (Client since January 2000)

Silver medalist at the 2008 Beijing Olympics in the 100 Butterfly

2000 Olympian

2002 US Male High School

Swimmer of the year

National High School record holder 50 free: 19.69

“Norm McCallson has always been there for me in his role as a trainer, and has helped me achieve so much throughout the years: from gaining strength to speed training. I never would have been able to do what I have done in track and field without Supreme Fitness.”

- M. Bassani

UCLA Track and Field Team Member

OC Register All County Team

Times All County Team)

“I am a certified Pilates Instructor, who has been teaching pilates for the past seven years. My daily workout regiment used to include pilates in conjunction with yoga and cardio kickboxing, but it was missing a vital strength training component. After being referred to Norm McCallson at Supreme Fitness and committing to a regular workout schedule I have discovered that my strength, stamina and stability have increased significantly. Norm has both the experience and knowledge to create dynamic and effective workouts for his clients of all fitness levels. By constantly adding new material to our sessions, each workout with Norm is both challenging and fun. If you are looking for a positive training experience with results, I would highly recommend Supreme Fitness.”

-C.Fukuoka

Pilates Trainer

Power Pilates and PMA certified

“Supreme Fitness in Irvine is unlike any of the gyms I’ve been to before. My trainer Norm McCallson is very motivating and is constantly challenging me. The intense weight training and cardio routines are customized to my needs and Norm has managed to sculpt my body and improve my overall strength and nutrition. I have increased my workouts with Norm to twice a day because I love the results!”

-C. Leong

CFO of Irvine BMW

“I witnessed the positive physical transformation that Supreme Fitness provided my oldest son, Max, when he played water polo for Northwood High School. And so, when I was seeking a personal trainer,

my first call was to Norm at Supreme Fitness. It's the best time and money that I've invested in the past two years. Not only has he tailored my workout regime, he accommodates my extensive travel schedule and schedules me when it's most convenient for me."

-C.Baden

CEO, Oakely, Inc.