



Cody and Marsha Dailey Owners of Legends Gym

We have been in the fitness industry since the 1980's. We both have a passion for helping people reach and maintain their health and fitness goals. Combined, we have received numerous fitness and nutrition certifications through the years including Cooper Institute (CI), American Council on Exercise (ACE), International Sports Science Association (ISSA), National Academy of Sports Medicine (NASM-APEX) and Reebok. We have trained thousands of clients through the years, either in one-on-one training or group training. We have worked with almost every type of goal or restricted limitation imaginable. We both love to train and educate each client on the “what” and “why” principle, so that when they are finished with us, they are ready to continue with their Easy Journey to Fitness. We try to equip each client with the ability to be their own personal trainer. Call to schedule and appointment with one of us today at 903-792-2639.