"Meet David Hughes

David has over a decade of experience as a personal trainer and coach. With 8 years of competitive swimming including a season of Olympic coaching and over 20 years focusing on athletic strength and performance in the gym, David has a strong understanding of health in daily life and performance.

 David received his Bachelor's in Health & Fitness Management in 2010 and has made a tested and tenured career out of his passion. He is a true professional in his trade and has recently joined the Launch Physical Therapy and Fitness Coaching team.

David currently acts as the Head of Fitness Coaching at Launch and is actively looking for new opportunities to help Launch and the Rockville community."