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Lightning Fitness Owner and Trainer Matt Mills MA, CSCS, Pn1, AOS Strength & Conditioning Specialist, ASC Pro Strongman. Matt is a graduate of the University of Connecticut earning both his Bachelor's and Master's in Strength and Conditioning.

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Lightning Fitness offers group training in a motivating atmosphere. We do not run rushed timed circuits to get you in and out in 30 minutes.Our coaches take the time to teach you how to train properly. We are not a bootcamp and absolutely not a Crossfit gym.; We do not have random workouts every day, our programs are methodical and track your progression.

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Lightning Fitness is a premier fitness studio located in Riffa, Bahrain. As a studio founded on innovation and current fitness practices, we're focused on providing our clients a new way to complete their workout routine.

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**CPAT @ JoinLAFD: Los Angeles Fire Department**  
Apply for REAL ID, register your vehicle, renew your driver's license, schedule an appointment, and more at California Department of Motor Vehicles.

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State of California. Disaster Resources. California has been hit with devastating wildfires and other natural disasters in both the northern and southern parts of the state.

**www.ca.gov | California State Portal**  
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