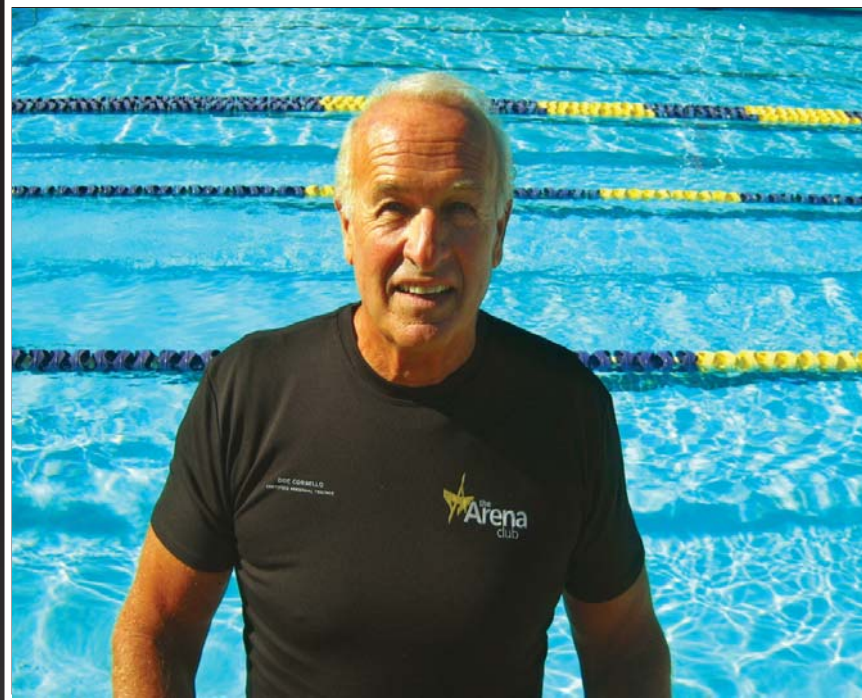


DOC CORSELLO

CPT

Certified Personal Trainer



Education & Certifications:

ACE Certified Personal Trainer

International Council of Active Aging Member, Certified Weight Management Counselor,
Certified Lifeguard, Certified Golf Conditioning & Flexibility

Specialty:

Working with middle to upper age adults, individualized programs for improving strength, balance and coordination. Exercise for arthritis/ osteoporosis prevention and treatment.

Philosophy:

I'm goal- oriented. I want to help people I work with become confident, energetic and stronger so they can live happier and healthier day to day. I'm here to help you improve the quality of your life!

