

Rob Mezzadra

CPT

Certified Personal Trainer



Education & Certifications:

National Strength Professionals Association Certified Personal Trainer
MKC Certified Kettlebell Instructor

Specialty:

Sports Performance, Strength & Conditioning, Soccer Specific Instruction, Kettlebell Training for Strength, Joint Mobility, Endurance and Cardiovascular Conditioning, Fitness for the Masses

Philosophy:

Variety, Commitment and Professional Communication.

