



STEPHEN



MetroWest YMCA Personal Trainer

Learning how to move functionally is a great feeling. You feel so empowered when you can call on muscles and they work. It's always a good feeling when you get to know the capabilities of your own body. I can help anyone learn how to move better from your everyday Nine-to-fiver, teen, or athlete. And I make it fun!

My fascination for understanding the human body came through dance. But I only got introduced to salsa dancing in the past 5 years. Salsa dancing quickly became a platform to improve my skills and continues to challenge my talents. It's my fountain of youth.

Fitness soon followed as I got serious about correcting my posture. And I have been motivating people toward their goals since 2017 by teaching balance, coordination, endurance, timing, breathing, and strength.

N.A.S.M CPT and N.A.S.M Nutritional coach/ B.S in business administration.

Currently studying Corrective Exercise and Weight loss through N.A.S.M

