

Carmela Sasson-Greenberg

CERTIFIED PILATES INSTRUCTOR

Instructor Education/Certifications:

Club One Certified Instructor
NASM-certified Personal Training
AFFA Certified Personal Trainer
AFFA Certified Aerobic and Fitness Group Exercise
Instructor
Arthritis Foundation Certified for PACE (People with
Arthritis Can Exercise) Program



Instructor Specialization:

Resistance Training - Overall Body Toning;
Specialization in Body Sculpting.
Circuit Training- Combining Cardio Training with
Muscle Strength and Endurance,
Core Strength, Balance and Stability
Functional Exercise; Increasing Joint Stability,
Endurance and Range Of Motion.

Instructor Philosophy:

From my own experience (I started serious exercise
after age 40) my philosophy about fitness is simple:
"It's never too late to get in shape!"

I love the one-on-one relationship that is built between
trainer and client, and thrive on the direct impact that
I have on their health and life.

No matter what your condition or life style, I will
customize an exercise program that can suit your
goals and needs.

I have the ability to relate to the difficulties associated
with weight loss, arthritis and beginning fitness.

I take the "Just Do It" to the next level with this
message - "...and Do It Right!" since the lack of proper
form and program design can lead to injury.

