

Bill Yanowsky

Specialized Fitness Professional

Trainer Education:

MA Kinesiology, San Jose State University
BS Human Performance, San Jose State University
ATC Certified Athletic Trainer
CSCS, Certified Strength & Conditioning Specialist

Trainer Specialization:

Injury care, prevention, and rehabilitation along with strength training athletes

Trainer Philosophy:

With almost 20 years of sports medicine experience, rehabilitating, preventing, and treating injuries and training athletes at the collegiate and professional level I have the knowledge and expertise to provide you with safe, effective, and personalized training programs to fit your needs. The way to optimal health is to create a balance between activity and nutrition while still enjoying life's pleasures. My personalized fitness plan will help you to achieve your goals and enjoy your life.

