

Colin Braslin

Specialized Fitness Professional



Trainer Education:

BS Kinesiology, emphasis in Exercise and Fitness ,
San Jose State University
NSCA Certified Personal Trainer
NASM Corrective Exercise Specialist in progress
OPTM Sports Therapy - Aide

Trainer Specialization:

Weight loss
preventative & rehabilitative exercise
core development
strength training.

Trainer Philosophy:

My duty is to deliver the highest standard of Personal Training while achieving client goals using the most relevant and effective fitness and wellness programming. I design exercise programs based on weight loss, preventative and rehabilitative exercise, core development and strength training while developing strong, meaningful personal relationships with each client. Together we can have fun, work hard, learn from each other, and achieve your fitness and wellness goals.

