

Susan Sweedler

Fitness Professional 2

Trainer Education:

NASM, Certified Personal Trainer
MBA, San Jose State University
BA, English & American Literature, Brandeis University

Trainer Specialization:

Weight loss, core strength, flexibility, resistance, lifestyle change and functional fitness

Trainer Philosophy:

Everyone can benefit from a little “movin’ and shakin’.”
So few of us utilize our bodies to the fullest potential.
We are truly amazing machines. I will help you reach your potential and make you feel great in the process.
Work out, work well.

