

Carmela Greenberg

Fitness Professional 3



Trainer Education:

NASM Certified Personal Trainer
AFFA Certified Personal Trainer
AFFA Certified Aerobic and Fitness
Arthritis Foundation Certified for PACE (People with Arthritis Can Exercise) Program
BS TA University-Israel

Trainer 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 to Increase Joint Stability,
Endurance and Range Of Motion.

Trainer Philosophy:

From my own experience (I started serious exercise after age 40) my philosophy of 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.



Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus