

Susan Sweedler

Fitness Professional 1



Trainer Education:

NASM, Certified Personal Trainer
MBA, San Jose State University
BA, Brandeis University

Trainer Specialization:

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

Trainer Philosophy:

I believe 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.

