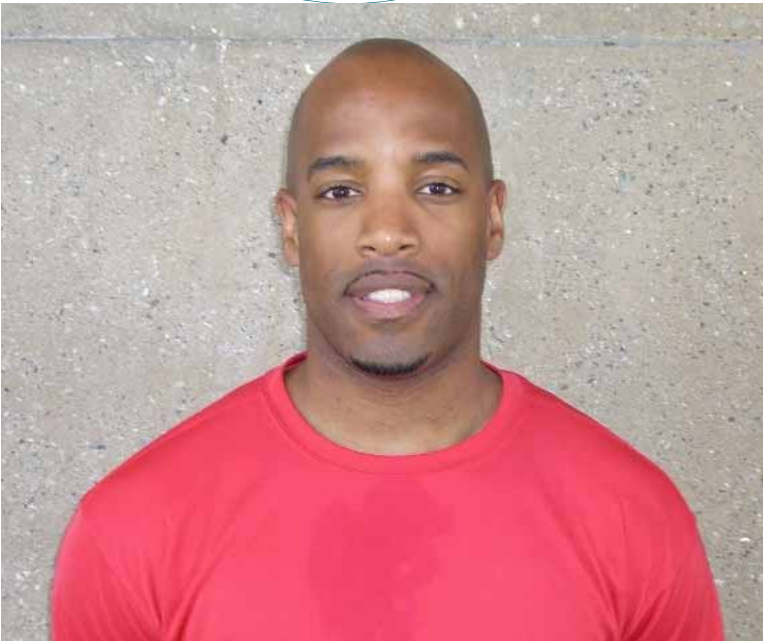


Mark Otis

Fitness Professional 1



Trainer Education:

NASM Personal Training Certification
Currently Attending SJSU for
BS in Kinesiology
Cooper Institute Active Lifestyle
Trainer Certification
American Red Cross Lifeguard

Trainer Specialization:

Postural Distortion Correction
Core and Flexibility Training
Teen and Young Adult Sport
Specific Performance
Strength and Conditioning Dynamics

Trainer Philosophy:

My focus is you can't put a limit on anything you do, physical, mental, or spiritual. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.

Being healthy is a Lifestyle.



Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus