

Sharon Robinson

Fitness Professional 1



Trainer Education:

NASM Certified Personal Trainer
OPT Nutrition - Triathlon and Marathon competitors
OPT - Maximizing Hypertrophy
Boston Marathon finisher (3:25)
Team in Training
OPT for Golf

Trainer Specialization:

Strength training for toning and definition, weight loss/gain, Triathlon training, Marathon training, Bodybuilding, Core strength and stability, nutrition program design.

Trainer Philosophy:

I believe that reaching your fitness goals involves more than will power, desire or ability. It involves being emotionally excited about your fitness program and your progress.

My goal is to make workouts challenging, interesting and fun, making it easier for you to adopt and maintain a habit of fitness that will benefit you now and for life.

Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus

