

Cesar Ravelli Biography

Most health issues that get worse with age can be positively influenced with proper exercise. There are as many routes to improving health through fitness as there are people. I am here to help you find your unique path to achieving your goals, whether it is to lose weight, tone your body or build muscle mass. My Personal Training Program will help your body stay fit and healthy.

Education and Certification

- Foothill College, A.A. Adaptive Fitness Therapy
- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist
- TRX Advanced Suspension Trainer Certification
- TRX TEAM Training Camp Certified Coach
- TRX Sports Medicine Certification
- TRX Functional Training Certification

Specialties

- Core Training
 - Strength Training
 - Metabolic and High Intensity Interval Training
 - Sports Conditioning
 - Adaptive Fitness Training for Older Adults and People with disabilities
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Kevin Monroy Biography

Kevin has worked with many coaches and has interned at many gyms around the Bay Area. He's learned many strategies in strength training, sports performance, corrective exercises and high intensity interval training. Kevin brings some new ideas and perspective to fitness as well as energy to the charming staff. Kevin is knowledgeable of all major sports and is willing to take on any challenger at a game of shuffleboard.

Education and Certification

- BS in Exercise and Movement Science, San Francisco State University
- ACSM Personal Trainer Certified
- Certified Functional Strength Coach
- FMS level 1
- TRX Certified

Specialties

- Flexibility & Mobility
- Sport Performance
- Fat loss
- Strength Training