

Santa Fe Fitness Trainer

Description:

ABOUT: Simon Moylan

Since 1995, I have worked as a personal fitness trainer with people of all ages (from 18 to 76), backgrounds, and abilities.

My clients are men and women, young and old, beginners and athletes.

I am confident that I can improve anybody's fitness level! Contact me today to find out more or to schedule your first personal training session!

Certification & Education

American Council on Exercise certified personal fitness trainer since 1995. ACE is the only personal fitness training certification to be certified by the National Commission for Certifying Agencies.

Education: University of Massachusetts, Amherst & University of California, Berkeley Extension

Furthered education topics: Exercise physiology and Human Anatomy, Lifestyle and Weight Management, Nutrition (Cardiovascular, Weight loss and gain, alternative nutritional therapies, supplements, herbs), Yoga, Sport specific training (Golf, tennis, running programs, etc.)

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