



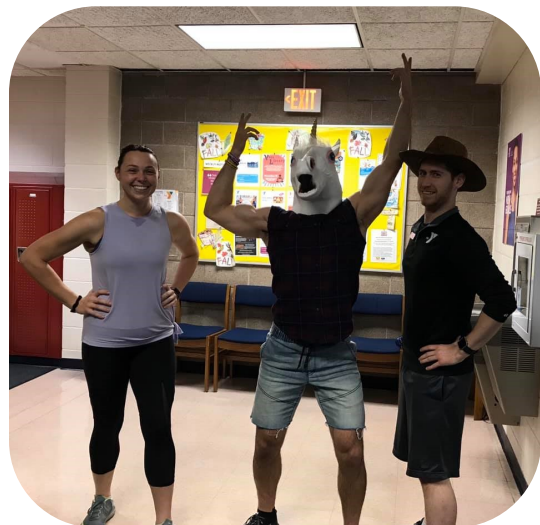
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NICOLAS PIAZZA

Nickname: Pizza

PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



Qualifications:

6+ Months NASM Certified Personal Trainer
Major in Exercise Science
Minor in Health and Coaching

Specialties:

Strength and Resistance Training, Athletic/Sport Training, Strength Development and Muscle Building, Youth Strength and Fitness.

BIO:

I am a 27-year old retired athlete that still thinks he can play soccer. Now that I no longer play, I have switched my focus towards helping others reach their athletic goals as well as personal fitness goals. My own training is all about Athletics and Aesthetics. It involves a Power building approach so I can continue to build strength and power for sports while also working towards building muscle mass. When I'm not in the gym, I'm either coaching, eating, sleeping or being a unicorn.

Favorite Exercise: Pull-Ups

Kryptonite: Donuts