

# Herb Schwarz

## Fitness Professional I

### Specialties

Core, balance & flexibility training

Corrective exercise

Strength training

Functional Fitness Education

### Education

- NASM Certified Personal Trainer
- NASM Corrective Exercise Specialist NASM Senior Fitness Specialist
- TRX Level 1 certified
- TRX Group Training certified



### Trainer Philosophy:

"Every BODY has issues -muscle imbalances lead to poor movement, and poor movement leads to injuries." If you have specific strength and conditioning goals, want to lose some weight, or increase longevity and improve your overall quality of life - I am here to help you! My goal is to help you achieve those goals by making exercise fun and effective. Life is short - let's live it!



Addison-Penzak JCC  
of Silicon Valley  
Levy Family Campus  
[www.apjcc.org/training](http://www.apjcc.org/training)