

THOMAS HIRSCHY

PERSONAL TRAINER

PHILOSOPHY

Balance is the key to a healthy and productive lifestyle. A well designed and individualized workout program, including a combination of cardiovascular movements and weight training along with a health conscious mind can help enhance one's life. Each individual has goals whether they are focused on achieving them or not. My job is to help direct you on the path of reaching each fitness goal through motivational, innovative, educational, challenging, upbeat and evolving workouts. From weight loss to muscle gain, injury recuperation to injury prevention, increasing energy and relieving stress and everything in between, working out can and will help balance your mind, body and spirit.



CLIENT BASE

My clientele base has ranged from children and young adults to seniors. Taking on clients with different fitness goals is always a good training challenge for me because it helps broaden my knowledge of the human body and allows me to build a rapport with new individuals. I have trained stay-at-home and post pregnancy mothers, grooms and brides, individuals who have never stepped into a fitness atmosphere to hard core athletes training for competitions and races. I have trained former and present dancers, people with weight loss goals and those looking to increase muscle mass, individuals recuperating from past or present injuries and even those who are just looking to put a new spin on their workouts. I am here to help you if you are looking to reach your fitness goals or need help in setting some for yourself.

EXPERIENCE AND CREDENTIALS

NASM certified personal trainer and CPR/AED certified. Nine plus years of weight training. Sixteen plus years of dance training from my upbringing at the prestigious School of American Ballet in NYC and professional career performing with the Boston Ballet, Cincinnati Ballet and Oregon Ballet Theatre. I am knowledgeable in swimming, nutrition and some yoga and Pilates.

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