



ERIC BONACORSI

EDUCATION

Bachelors of Exercise Science, Minor in Nutrition, Graduate in Spring 2018
Navy Veteran (Navy Physical Fitness Standards)

QUALIFICATIONS & CERTIFICATIONS

- NASM Certified Personal Trainer
- NASM Nutrition Specialist

SPECIALIZATION

I specialize in many areas. I enjoy helping those who are new or those who already have a general knowledge with fitness. My goal is to help my clients achieve their short term and/or long term goals for either sport specific reasons, personal performance, or general maintenance of health. I believe that bettering your health is not only good for you physically, but psychologically as well. Seeing my clients lose weight, build muscle and make the gym a daily habit is my biggest focus. I have helped clients of all ages ranging from 12 to 65, so age is not a restriction with me. I design workout plans in a safe and strategic way that is based on the clients wants and needs.

TRAINING PHILOSOPHY

Fitness is not just about the physical benefits you gain from it. In my opinion, it's about the happiness, confidence and tranquility it provides you on a psychological level; your physical appearance is just a plus.

INTERESTS/HOBBIES

Traveling, cooking, building, weight lifting, camping, hiking, driving, video games, movies, restaurants, boating, coffee, concerts, guitar and drums.

AVAILABILITY

- Monday - Sunday By Appointment