



Pat Sullivan

Pat is a Certified Personal Trainer through the American Council of Exercise (ACE) and a Certified Group Fitness Instructor through AFAA, with a focus on the sedentary/senior population. Upon retiring from the corporate world, Pat took the opportunity to pursue his lifelong hobby of fitness and make it into a career. Pat often subs group fitness classes that are low impact and focused on functional movement. His focus is to help those who would like to maintain and enhance their daily activities through programs that concentrate on toning, endurance, balance and flexibility. Pat contributes to the community through his work as a state certified Emergency Medical Technician. He does this on a volunteer bases with our local ambulance organization.

Throughout his life, Pat was an avid single-wall handball player. He placed first in a NYC doubles competition and second best singles player in the Bronx, NY. He was also a club skull rower in college. Pat has also participated in several full Marathons. He knows what is needed to make a fitness goal successful. As your trainer, he will see to it that you do just that...succeed!