



## **Pedro Floresjoya**

Pedro has been a NASM Certified Corrective Exercise Specialist and a Certified Boxing Instructor for over 18 years. His knowledge of fitness has been implemented to train everyone from high school athletes and golden gloves boxers all the way up to seniors looking to improve balance and rehab injuries. His most recent endeavor has been getting certified as an SBR Challenge Master Coach. The SBR Challenge is an exercises system that uses resistance bands and proprietary accessories to effectively train clients without overloading muscles and joints. This system can be incorporated into a gentle balance training program or cranked up to apply multiplanar force during high intensity plyometrics.

Pedro also speaks fluent English and Spanish.