



# ADAM LAPAGLIA

## PERSONAL TRAINER

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### EDUCATION

B.S. in Physical Education

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### CERTIFICATION

NASM Personal Trainer  
AFAA Group Exercise

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### HOURS

Mon/Wed/Fri  
3:00pm – 8:00pm

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### PROFILE

I am a recent transplant from Syracuse, NY. I have worked in the Fitness industry for 21 years, training a wide variety of clientele. My personal training style is geared towards practical, functional movements that translate into greater functionality in daily life, whether in physically active hobbies or daily living tasks.