

Personal Trainer



Kevin Ganz

An Exercise Science Major, in his last year at Mercy College, is ready to make an impact in the fitness world. After achieving his Bachelor's degree he is aiming towards a career in physical therapy.

At 16 years old, unhappy with his personal image, he decided to make a lifestyle change and lost 45 pounds. He has dedicated his life to fitness and a healthy lifestyle ever since.

Kevin obtained his NCSF Personal Training Certification at Dutchess Community College. His 'hunger' to learn about the human body and different forms of exercise pushes him to help others in need with their physical fitness goals.

Growing up, Kevin played 6 years of football with both the Hudson Valley Knights and the Spackenkill Spartans. He grew up in Poughkeepsie and has a love for hiking around the Hudson Valley, discovering new sites of nature.

Whether you are trying to bulk up, lean out or just simply melt the fat away, Kevin is your guy.

Certifications:

Personal training Certification: NCSF National Council on Strength and Fitness.

First Aid, CPR & AED Certified American Red Cross

ALLSPORT
health & fitness

845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com