

Personal Trainer



Trish Mollica

After the birth of my second child I took a break from the corporate world and decided to pursue a career as a freelance graphic designer and take on my passion of fitness. Three years ago I began my pursuit by studying and becoming a certified kickboxing instructor. Being a kickboxing instructor gives me the opportunity to share my passion for fitness with others. It is important for me to be a healthy role model for my children. I tell them "The only one I compete with is myself, I thrive to be the best me I can be."

I've always had a passion for training. I enjoy boxing, weight training, spinning, high intensity classes, Spartan races, Krav Maga, hot yoga, circus yoga and many more exciting activities. I love to test my body and constantly challenge myself. My best advice to you is when you start to get comfortable with something, it's time to switch it up, and keep it fresh.

Fitness Qualifications:

- **Kickboxing** certified
- **Mad Dog Spinning** certified
- **Small Group Training** certified
- **CPR and AED** certified

Call Trish at All Sport Health and Fitness at 896-5678, ext. 149 to set up an appointment. Trish can also be reached at Trish@allsporthealthandfitness.com

ALLSPORT
health & fitness
845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com



Patricia is a Smash and Burn instructor, and offers private small group and one-on-one Personal Training at All Sport.