



Nick Rozek

NSCA-CSCS

CERTIFICATIONS:

Certified Strength and Conditioning Specialist - NSCA
Functional Movement Screen and Functional Capacity Screen - FMS

AREA OF SPECIALTY:

My specialty is creating progressive training programs for individuals looking to build strength, move pain free, increase confidence, and enjoy exercise.

EXPERIENCE:

I have been active in the health and fitness field since 2009. My personal training experience ranges from youth athletes, to parents setting positive examples for their families, to adults looking to stay active long into their years.

TRAINING STYLE/PHILOSOPHY:

There is nothing more motivating than results. I believe in making progress every day. Working through a training program specific to you, each session leaves you with improved self-confidence, trust in the program, and excitement for more. All these small wins add up to significant change over time.

MY PASSION FOR FITNESS COMES FROM:

I enjoy helping others find their own passion for fitness. There is something for everyone!

MY FAVORITE EXERCISE/TRAINING TOOL:

I believe the quality of one's movement is more important than the equipment used. No matter the training tools, the focus is on moving well and then moving more.

FAVORITE QUOTE OR MOTIVATIONAL SAYING:

"How long are you going to wait before you demand the best for yourself." - Epictetus

HOBBIES/SPECIAL INTERESTS:

I love spending time with my wife and two sons. I also enjoy road cycling, cooking, and being outside.

FUN FACT ABOUT ME:

I am a self-diagnosed dark choco-holic.

Contact Nick at nick.rozek@greenbayymca.org or 920 436 9622
to schedule your training session or **FREE** consultation.

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