

LET THE TRANSFORMATION BEGIN



TRAINER

JOE LEMBO



DEGREE(S):

B.A. Economics & Health Sciences -
University of Maine

CERTIFICATIONS:

NASM: - Certified Personal Trainer
NASM - Performance Enhancement
NASM - Golf Fitness
NASM - Senior Fitness
Spine Stabilization Specialist
Certification Titleist Golf Certification
CPR/AED/Adult and pediatric
FIRST AID

ABOUT:

Whether training celebrities or desk jobbers, school athletes or injury rehabbers, Joe applies the fundamental principle of adaptation to each individual need.

As a Spine Stabilization Specialist, Joe understands that everyone needs a stable spine, no matter what their fitness level or demand is. Many traditional core exercises can hurt you more than help you. Therefore, Joe has specialized in spine stability.

Now a “Californian for life”, Joe is originally from Maine.



THE CLUB
at CENTURY PARK