



Bill Velardocchia

Education: BS, MS Computer Science- Boston University

Certifications:

- Aquatics Exercise Association-Water Aerobics Instructor and Water Personal Trainer Certified
- Fitness Resource Associate (FRA) CPT and Group Personal Trainer Instructor
- STOTT trained in Pilates.

Personal Training Philosophy:

"In 1972, I was in a near fatal Motorcycle accident. As per my doctor's orders, I took it upon myself to do my own rehab. In 1983, I started weight training and haven't looked back since. Over the years I have become certified in water aerobic personal training and I am also a STOTT trained Pilates instructor. I have a land and water style of training that keeps my clients challenged and motivated while keeping the focus on their overall wellness."

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