

Paul J. Connolly

(Director of Personal Training)

Education:

- B.A. *Sociology*: Framingham State College ('00)
- B.S. *Exercise Science*: UMASS-Boston ('07)

Certification(s):

- *National Strength & Conditioning Association* Certified Personal Trainer (NSCA-CPT)
- Adult CPR/AED certified

Personal Training Philosophy: “Understanding the fundamental concepts of exercise and optimizing daily function are key concepts in the training programs I outline for my clients. Injury prevention, improving self-confidence, and heightening one’s knowledge of nutrition are all integral components of the approach I take with my clients. I see many people making similar mistakes in their training programs and I make it a point to correct these areas. I demand 100% effort from my clients and consistently educate them about the necessary lifestyle modifications required to achieve their respective goals.”

Contact Info:

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