

Bobby Fierro



The *Lifestyle*
Center
A division of Kaweah Delta Health Care District

Certifications Education

A.S. Sports Medicine
ISSA International Sports Science Association
(Certified Personal Trainer)
HeartSaver AED

Training Specializations

Strength Training
Plyometrics
Core Strengthening/ Stabilization

Trainer Philosophy

I enjoy working with people, I like to see them reach their personal goals. I believe that consistency is the key. Exercise is a lifelong commitment.

Personal Hobbies Interests

When I am not training, I enjoy golfing, bowling, softball, reading and family time.