

Patricia Bozzo



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

Certifications Education

Certified Personal Trainer- AFAA
Certified Group Exercise Instructor- AFAA
Certified Spinning Instructor
Peak Pilates MVe Chair Certified
Zumba Instructor Certified
Pilates Mat Certified (The Method)

Training Specializations

I enjoy one on one training, my specialty is teaching in a group setting. I enjoyed teaching group exercise classes because of the camaraderie, the music and energy.

Trainer Philosophy

Fitness and exercise should be a part of everyone's daily life, like brushing your teeth. It is extremely important to be healthy and maintain a good standard of life. The key is to find something you enjoy so that you look forward to doing it.

Personal Hobbies Interests

As much as I enjoy working out. I am a wife and mother with two girls that are involved in many activities. My family is my most important priority.