

TOM IS OUR FITNESS PROGRAM DIRECTOR

He teaches Head-to-Toe Conditioning and Yoga Classes.

Tom is also available for Personal Training.



Tom's first job in the fitness industry was as a Personal Trainer with European Health Spas in 1978. Since that time he has held numerous Personal Training Certifications through IFPA, completed specialized training with the legendary Cooper Institute focusing on the Biomechanics of Resistance Training and has earned a Yoga Instructor Certification and a Trauma Sensitive Yoga Specialty Certification through YogaFit Training Systems.

He has also worked as a Contributing Writer for Natural Muscle Magazine, a Kickboxing & Resistance Training Instructor and Fitness Boot Camp Leader. In 1999, he also had the distinction of training Miss Fitness USA.



Tom has completed numerous triathlons and several marathons including his first in Athens, Greece. Some of his other athletic endeavors include powering through a Tough Mudder competition and running from Miami to Key West as part of a Ragnar Relay Team. He was also a member of the first Seriously FUN Fitness Triathlon Relay Team that completed a full 140.6 mile distance event in 2012. In 2013 he crossed the finish line of his own 140.6 mile IronMan distance triathlon as well.

Whether you are looking for one-on-one Personal Training or prefer Group Training, Tom can tailor a Training Program to help you achieve your fitness and healthy lifestyle goals.

Contact him at: SeriouslyFunTom@gmail.com