

Derek DiRuzza



Fitness & Wellness Coordinator
Sequoia Employee Since: January 2015



Derek is a Certified Personal Trainer through the American College of Sports Medicine. He believes every great program starts with a foundation in functional strength and that without the proper education and base level strength, it is difficult to really achieve your goals. Derek enjoys working with all population and has a wide knowledge base as it pertains to fitness and exercise prescription.

Derek has always been physically active, participating in sports throughout his youth. In high school, he competed in Track and Cross Country running a total of all 4 years in each, and in college, he rounded out his experience with regular resistance training.

Derek has a bachelor's degree in Exercise Physiology from Kent State University. In his free time, you will find him outdoors – hunting, fishing, and shooting his bow.