



Personal Training Supervisor Sequoia Employee Since: 2017



Tom is a United States Navy Veteran that served for 11 years. After serving his country, Tom knew how important it is to be fit and healthy so he decided to pursue a degree in Exercise Science. In the spring of 2016 Tom graduated from The University of Akron with his bachelor's degree. He is now looking forward to taking on new challenges by helping people, including family and friends, reach their goals of becoming more active and fit.

Tom has received his Certified Personal Trainer through the American College of Sports Medicine. His next step is to become a Certified Clinical Exercise Physiologist so he can help individuals who have cardiovascular and pulmonary diseases.

In his free time, Tom enjoys spending time with his family. He is also an avid runner and has competed in numerous 10k's, Half Marathons, and Marathons.