



**SAN MATEO**  
**ATHLETIC CLUB**  
AT  
COLLEGE OF SAN MATEO

# Andrew Denys

## Personal Fitness Trainer



### **Training Philosophy:**

The human body has amazing features that include adaptability and diversity. I have focused my attention upon understanding how the human body responds to the controlled stresses of exercise and how exercise can improve functionality. My goal is to improve my knowledge on these subjects, as well as use it to help others achieve their fitness goals.

### **Experience:**

1 year Personal Trainer  
PT Assistant at Brady's Physical Therapy

### **Certifications:**

NASM certified personal trainer  
NCEP certified personal trainer  
AFAA certified Group Fitness Instructor

### **Education:**

A.A. Kinesiology – College of San Mateo  
B.S. Kinesiology: Exercise, Nutrition, and Wellness – CSU East Bay (in progress)  
B.S. Kinesiology: Therapeutic Studies – CSU East Bay (in progress)

### **Interests:**

Basketball, Football, Baseball, Hiking, Trail running, Eating, and Biking