

HARSHA BOLISETTY

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO TEACH YOU TO
BREAK YOUR
BARRIERS, AND
EXPLORE NEW
HEIGHTS

Training Philosophy

Fitness is different for every person and finding what it is that makes you successful and passionate about being active is key. As your trainer I will push you to find what barriers are holding you back and provide you tools, guidance, and support to help you surpass them. Given my past experiences with aquatic sports and working with clients in various environments including rehab therapy, injury recovery, sports conditioning, and athletic performance, I have learned how to integrate targeted variety into my programs. I enjoy working with clients at any stage of their fitness goal, and I now hope to join you on your journey to improving your mind, body, and quality of life.

Experience

Health Fitness Specialist- Since 2018

Chiropractic Therapy Clinic Assistant- San Jose

Group Fitness Instructor- Since 2018

Aquatics Instructor- Since 2015

Certifications

- ACSM Certified Exercise Physiologist
- EXOS Fitness Specialist
- AHA CPR/AED Certified

Education

- B.S. in Exercise Science, University of Pittsburgh

Interests

Playing water polo, basketball, swimming, spending time with friends and family, music, video games, working out, watching tv shows, snowboarding, and hiking.



Mindset Nutrition Movement Recovery