

Thaddeus Babiec

The Director

CERTIFICATIONS: NSCA-CPT, CSCS

SPECIALIZATION: Strength and Conditioning, Corrective Breathing, Breathing related Disorder Care

SPORTS: Rowing, Basketball, Running

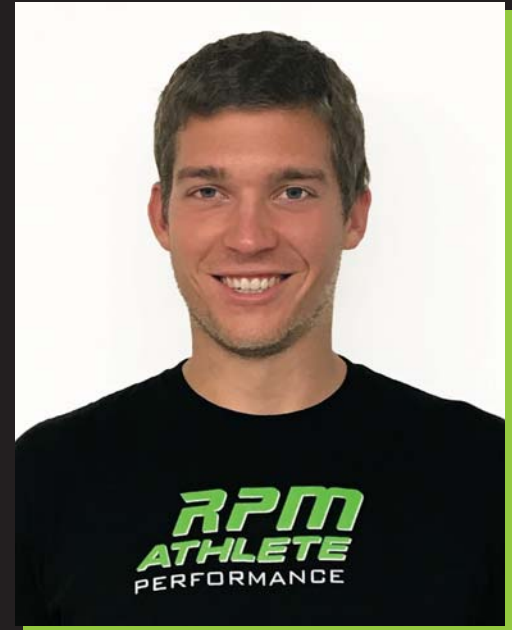
PHILOSOPHY: Everyone has innate talent and ability, some more than others, but hard work will beat talent when talent doesn't work hard. Anyone can be successful if you put yourself in a position to be successful.

FUN FACT: I am training for the Olympics in Rowing. Closet nerd and artist.

EXPERIENCE: Personal Training for 3 years

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