

Personal Trainer Bio



Bryon Cassidy

**DAC Trainer Since:
December 2005**

Education / Certifications:

M.S. Exercise Science, California State University Los Angeles
Firefighter I; EMT
American Council of Exercise (ACE) Personal Trainer

Experience:

Masters Swim Coach
Triathlon Coach
20+ Years of Personal Training Experience

Professional Areas of Interest:

Swimming / Triathlons, Weight Training, Racquet Sports

Personal Areas of Interest:

Astrology, Poker, History

Favorite Quote or Philosophy:

"Not a shred of evidence exists in favor of the idea that life is serious."

HomeTown:

Bristol, Vermont