



Fitness
Center

NICK STADERMAN

Personal Trainer



FAVORITE WAY TO MOVE/EXERCISE

Athletically

FUN FACT

I played football at the University
of Cincinnati

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

Helping people achieve their goals
and having them feel more
confident in themselves. Creating a
healthy lifestyle change.

Credentials:

NASM - PES

USAW Level 1