



Joe Olerio

Personal Trainer

motivating - inspiring - loves structure and routine - driven by music - rides motocross - husband and dad - loves to laugh - salty snacker

Joe Olerio is a "lifestyle trainer." He coaches according to your abilities, your activities and taking your lifestyle into consideration - inside and outside the gym. Overall strength and conditioning are the focus of his workouts while he uses a variety of training styles...whichever suits his client best in achieving their goals!

Inspired by "Rocky Balboa" at a young age, Joe believes your workouts need a certain level of intensity, commitment, and dedication to achieve the results you want. He believes everyone has a little Rocky in them, with extreme focus and perseverance anything can be accomplished...this goes for every aspect of life whether it's fitness, business or personal.

What are the main benefits of training with you?

"Results, whether it's weight loss, gaining muscle, sculpting your physique, or just conditioning your mind and body to become a better you! My priority is making my client feel amazing by giving them confidence through the many benefits that fitness has to offer!"

Certifications & Experience

- International Sports Sciences Association (ISSA) Certified Personal Trainer
- Specialist in assessing and strengthening sports injuries
- Over 20 plus years experience specializing in total body transformation, muscle building, extreme weight loss and overall strength and conditioning, physically and mentally

Contact Joe for availability and pricing:

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