



Kyle Fasano

Personal Trainer

top stromboli chef - pumps up with '90s hip hop - Yankees fan - likes dad jokes - passion for pizza

Kyle Fasano helps clients develop a love for the process of fitness that leads to making it a lifelong habit, not just a sprint to achieve a certain weight. He does more than simply showing up for an hour to lead clients through a workout. He builds a full program for them, including nutrition and habit coaching, depending on their specific lifestyle and goals. Personal training with Kyle is designed to extend beyond the gym. He sets his clients up for success the other 23 hours of the day and the days they aren't training together.

Describe your ideal client.

"I really like working with someone who has fallen out of shape and wants to regain the strength, athleticism, and body composition they once had."

Certifications & Experience

- Certified Personal Trainer (NASM)
- Nutrition Coach w/ Precision Nutrition (PN1)
- Online Trainer Certified (OTA1)

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