



HOMETOWN

Binghamton, NY

EDUCATION

B.S. Business & Marketing,
Marist College
Personal Training, Health &
Fitness Instruction,
Marymount Manhattan College

CERTIFICATIONS

Certified Exercise Physiologist– ACSM

SPECIALTY

New Exercisers
Older Adults
At-Risk Medical Populations

MOTTO

"It's never too late to be what you might
have been." George Eliot

FAVORITE EXERCISE

Walking and Swimming

AVAILABILITY

Flexible

BIO

After beginning a career in the software development field I learned my true passion was working to help people attain their fitness goals. I have over 20 years experience as a personal trainer and have worked with student athletes, adults in their 80's, and everyone of all abilities, shapes, and sizes in-between.



YMCA Personal Trainer

DEB GROSSNICKLE

My mission is to provide a safe, non-judgmental environment where my clients can achieve their fitness goals. My joy comes when a client accomplishes a task that they couldn't do before training!