



Dave Lyskawa

Education/Certifications

- Bachelor of Business Administration - Western Michigan University
- Certified Personal Trainer - American Council on Exercise (ACE)
- CPR/AED certified - American Heart Association

Specialties

- General population
- Functional Strength Training
- Youth Sports
- Sport Specific Training
- Cycling and Running
- Senior Population
- 14'er Conditioning
- Skiing Conditioning

Availability

Flexible. Mornings, evenings, weekends...except Saturday mornings when on the trails or cycling.