



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

Donnalynn Polito

Personal Fitness Trainer



Training Philosophy:

Being a part of the fitness industry for many years, my goal has always been to provide excellent instruction and direction to my clients by continually increasing and sharing my knowledge base and skills. My success is a direct result of my building lasting relationships with all the people I meet and proving that fitness belongs at every stage of life.

Experience:

18+ years in the Fitness Industry
Program Developer & Skills Instructor
SMAC ShapeUp Weight Loss
Older Adult Fitness Programs
Jr. Strength & Children Training Programs
Fit Lab Programs

Certifications:

ACSM Health Fitness Specialist
ACE Lifestyle Management & Weight Loss Consultant; Health Coach
AFAA Group Exercise Certification

Education:

B.A.
A.A.
A.A.

Interests:

Hiking, rowing, environmental advocacy, the arts