

# STEVE GALLAGHER

Steve Gallagher is an extremely dedicated and committed professional with a passion for promoting fitness and the benefits of a healthy and active lifestyle.

Steve is a certified International Sports Sciences Association (ISSA) Personal Trainer. He is a certified United States Professional Tennis Association (USPTA™) Elite Professional with over 40 years teaching tennis to juniors and adults of all ages and abilities and running tennis and tennis-specific conditioning programs. Steve is also a certified USA Cycling Coach and Spinning® Instructor with an expertise in watt power and heart rate zone-based training.

Steve has an extensive competitive racquet sports background. He played Division I college tennis at Colgate University and has won sectional and state singles championships in tennis, squash and racquetball. He is an active competitive road cyclist and was ranked #1 in the country in 2013 and 2014 in his age category.

In addition to personal training, Steve is teaching indoor cycling, tennis, racquetball, squash and weight training classes at George Mason University.

