



Bill is a health and wellness professional with a diverse background in fitness, dance, martial arts, yoga, and functional training with 35 years of teaching a mix of clients from adolescent to active aging, community, and corporate based wellness. He has B.S. degree is a Certified Personal Trainer, Group Exercise Instructor, Kettlebell Instructor, TRX Instructor, Corrective Exercise Specialist, Performance Enhancement Specialist, Sifu Tai Chi Chuan, Xing Yi, Baqua, Qigong in the internal styles and Wing Chun in the external, Certified Ballroom Dance Teacher (International Standard, Latin, and Theatre Arts), and a Health Coach.