



Sandy Sasse

Personal Trainer

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Phone

(215) 880-0986

- AAAI certified personal trainer
- AFA certified aerobic instructor
- AFFA certified spinning instructor
- Mad Dogg athletics certified spinning instructor

I specialize in endurance and flexibility training. I have worked with hundreds of different clients of all shapes and sizes, including knee and hip injuries. I believe that through balance one can achieve optimal health! Remember... "If you don't go after what you want, you'll never have it... If you don't ask, the answer is always no... if you don't step forward, you will always be in the same place."