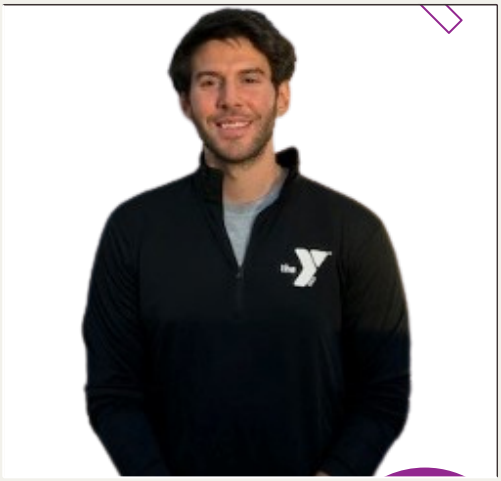
PATCHOGUE FAMILY YMCA
PERSONAL TRAINING

PERSONAL TRAINER

MARCO PONZO



ABOUT

Hi, I'm Marco, a certified personal trainer through the International Sports Sciences Association (ISSA), with both a bachelor's and a master's degree in Psychology from Stony Brook University. My fitness journey began right here at the YMCA around 2008–2009, and I'm excited to have come full circle by returning to the Y to support and guide others on their own fitness journeys. Outside of training, I enjoy staying active through running, swimming, cycling, and hiking. I believe fitness should be an essential part of a healthy lifestyle while remaining accessible, practical, and sustainable for everyone. Having experienced firsthand the challenges that come with building and maintaining a fitness routine, I understand that everyone's journey is different. My goal is to use my personal experiences and knowledge to empower others, help them overcome obstacles, and build healthy habits that become a natural part of their everyday lives.

EDUCATION & PROFESSIONAL CERTIFICATIONS:

- National Council on Strength & Fitness

Patchogue Family YMCA
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