



fitness

# Meet the Trainers



## Rafal Tokicz

Rafal Tokicz, a native of Poland, has been a sport and fitness enthusiast his whole life who continues to participate in numerous sports and races. Rafal turned heads as a two-time high school track & field state champion and then went on to graduate cum-laude from college in Wisconsin with a B.A., where he competed in collegiate track & field and soccer. Furthermore, he will receive (2012) a Master's Degree from California University of Pennsylvania in Exercise Science and Health Promotion with a focus in Rehabilitation Science. Rafal holds esteemed NASM CPT and CES certifications (Personal Trainer and Corrective Exercise Specialist) and has been training since 2004. Rafal uses his knowledge to create challenging, yet fun workouts designed for all ages ranging from children to special populations to pro athletes.



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