



John DeZarn

About Me

I am a lifetime believer in physical fitness. Through discipline and a variety of training techniques, I overcame severe debilitating injuries. I now maintain a high-quality active lifestyle.

Certifications

- American Council on Exercise (ACE)
 - Personal Trainer

Specializations

- Strength Training and Conditioning for Active Older Adults
- Resistance Training

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"A little bit of consistent exercise is better than no exercise!"

My Y Story

I came to the Central Parkway YMCA with my uncle in the mid-1970's. We really got into the strength training workouts. I have been a personal trainer with the Y for five years and have enjoyed every moment of my time here!

Biggest Result with a Client

Through resistance training, I have helped clients achieve a better quality of fitness and health

How would I define my training style?

I use various strategies of strength and resistance training while adapting to each individual's strengths and weaknesses.

Favorite Workout

My workout in that moment, that is my favorite!



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