



### **Lenny Gronokowski, ACE CPT**

Lenny enjoys designing fitness programs to meet the needs of those who want help moving and living healthier lifestyles. He has a true passion to help others implement fitness into their lives. He is the lead trainer for our specialized Diabetes Management Program.

He has experience personal training, being group fitness instructor and yoga instructor at the YMCA of Greater Lowell. He is Certified Personal Trainer with American Council on Exercise (ACE), American Senior Fitness Association Personal Training and holds a Fitness Management degree from Middlesex Community College.