



JOHN COMERESKI
General Manager

EDUCATION

University of South Carolina
-M.A.T. (Master of Arts in Teaching) in Physical Education Emphasis: Exercise Physiology
Ithaca College
-B.S. in Physical Education
Corning Community College
-A.S. in Physical Education, Emphasis: Exercise Physiology, Minor in Health

CERTIFICATIONS

ISSA Certifications:
-Master of Fitness Sciences
-Specialist in Sports Conditioning
-Certified Fitness Trainer

BIO

- § General Manager at HealthWorks Wellness & Fitness Center Guthrie/Corning Hospital, Corning, NY
- § Exercise Physiologist/Marketing Manager at Physical Therapy Center of Horseheads, Horseheads, NY
- § Exercise Physiologist at Heart Institute Arnot Ogden Medical Center, Elmira, NY
- § Founder, President of Club Nautilus, Inc., Horseheads, NY
- § Author of over 250 internationally published articles and three books
- § Former Personal Trainer for NASCAR driver Mark Martin
- § Former Director of Physical Training of Southern Tier Law Enforcement Academy
- § Clinic Advisor for American Running and Fitness Association
- § Advisor for National Federation of Professional Trainers