**Pasquale Manocchia**

**Years at LA PALESTRA:** 21

**Highest Degree Earned**: MA, Classics, ***Brown University***

**Affiliations:** CEO and Founder – LA PALESTRA, NSCA Member, ACSM Member.

**Certifications:** RCEP, CSCS, ACLS

**Relevant Experience:** **Personal Training:** 27 Years, APEX Fitness, LA PALESTRA

**Programming/Prescription:** 20 years, LA PALESTRA