



TEAM MEMBER BIOGRAPHY

ALBERT SHERMAN FITNESS CENTER



Tyler Pacheco Health Fitness Specialist

- **BS in Kinesiology from URI**
- **Certifications: CSCS, CPT, CPR/AED**
- **TSAC-F**
- **Group Exercise classes: Total Body Circuit, H.I.I.T., Muscle Works, Kettlebell Kraze, Tabata Thrills**

Biography

- **Training Philosophy: Build a strong foundation that will last you throughout your fitness journey**
- **Training Style: Strength Training**
- **Quote: "Pain is temporary. It may last for a minute, or an hour or a day or even a year, but eventually it will subside and something else will take its place. If I quit however, it will last forever." -Eric Thomas**
- **Favorite Exercise: Olympic Lifts**
- **Interests: Soccer, Hiking, Snow Activities**
- **Interesting Fact: Got offered to try out for an English Premier League soccer team**