

Bruce Perry



Bruce is a native West Virginian and retired Homeland Security Coordinator with US Postal Service. Bruce has a BS degree in Criminal Justice from West Virginia State College. He is a WITS Certified Personal Trainer with extensive experience in weight training, and is the YMCA's PEIA Weight Management Program Coordinator. As a former competitive weight lifter, he placed 1st in the Southern WV Bench Press Competition, 1st in the Mid-Ohio Valley Bench Press Meet and 3rd in the West Virginia State Bench Press Open in early 80's. Bruce is a cancer patient and enjoys teaching fitness to all age groups, particularly highly motivated seniors with unique goals and challenges. When not working out, Bruce occupies his time with car shows and muscle cars.