



Suzy Riedman

COURTSPO RTS PERSONAL TRAINER

Train Better to Play Better

Suzy has been a member of Courtsports off and on since she was 10 years old and worked around the club in various positions from 2003 to 2007. She is a certified strength and conditioning specialist with the NSCA, training clients in Hawaii from 2008-2011 and teaching yoga since 1999. Suzy specializes in health improvement, holistic nutrition and training for triathlon and marathon competition as well as strength and high intensity conditioning.

While in Hawaii, Suzy trained for and competed in various triathlons from sprint-distance to Half Ironmans. Through her own training and working with clients, she knows how to design programs to peak for race day. She also understands the importance of proper nutrition and rest for optimal performance.

