

PERSONAL
TRAINING
WITH

Matt Orta



- NASM CPT
- BS Exercise Science
- NSCA Certified Strength & Conditioning Specialist

Matt, our recROC Coordinator is a Lititz native and is a warrior at heart – he has competed in Spartan events and trains with his next goal in mind! Matt specializes in strength and conditioning training for athletes and HIIT circuit training. He strives to help his clients get beyond barriers with dedication and hard work to turn weaknesses into strengths.

- Improve Athletic Performance
- Build Muscle
- Get Fit Faster
- Accountability

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