



## TEAM MATRIX

# NICK GIACARA

## GENERAL MANAGER

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### Quote

“ Great things come to those who wait, but only the things left by those who hustle. ”  
- Abraham Lincoln

### Biography

Born and raised in Los Angeles, Nick has over 15 years of experience in the fitness industry, ranging from Personal Trainer, Fitness Manager and Sales Manager to Club Manager. His original inspiration came from his personal weight loss journey of losing 50 pounds. Because of the changes in his life, he wanted to share his story to help influence those around him. Nick has worked for 24 Hour Fitness, Gold's Gym and Equinox, winning many awards for Best Customer Service, Member Change of Life and Club of the Year. He has managed some of the top clubs in Los Angeles, Miami Beach and now, Denver as the General Manager of Matrix Fitness and Spa.

Nick is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM) where he also completed his Performance Enhancement Specialist (PES) certification. He is also certified by the AFAA (Aerobics and Fitness Association) and NCCPT (National Council for Certified Personal Trainers). Nick has been featured as the premier speaker and model for the “Ab Coaster” infomercial as well as the cover model and featured article in 2010 for Frontiers Magazine, an annual LGBT-friendly health and fitness magazine. In 2011, he was featured on Dr. Phil for a holiday weight gain episode. He has had the opportunity to train celebrities such as Tom Cruise and Benny Medina along with music legend Phil Collins and former two-time IBF and WBA Light-Middle Weight World Champion, Fernando Vargas.

Nick is also an award-winning bodybuilder. At his first NPC show in August 2018, he placed first in both of his classes and then went on to win the Master's Physique Overall Award. Nick will make his national-level debut in July of 2019.