

Jim Casali, Personal Trainer

617-935-2135 • JIM-FIT.COM



My father first brought me to the gym at a young age and I instantly felt at home. I've been working in varying capacities at Gold's Gym in Needham, MA since the age of 16. I now have over 12 years of experience as a fitness professional.

My experience includes Personal Training Director at Gold's Gym and Strength and Conditioning Coach for the Boston College Rugby Team. I am certified with the National Academy of Sports Medicine (NASM) and have a minor in Exercise Science at University of Florida at Tampa. I now make my living exclusively as a full-time Personal Trainer.

My Philosophy

I create individualized programs which incorporate exercises my clients enjoy, while at the same time challenge each person to to the max.

I help people achieve things they never thought were possible while educating each step of the way.

I take a holistic approach to fitness. The mind benefits from the physical act of working out, and the body and mind both benefit from proper nutrition; these activities culminate in true fitness, health, and a positive approach to life, and helps people perform better every day, in every way.

I, myself, have been overweight and have had many life-changing experiences; because of this, I can relate to and understand the challenges and joys people will face as they go through their personal transformation.



The NASM-CPT certification is proudly accredited by the NCCA.

Client Testimonial



I initially contacted Jim to help me get in shape for foot surgery I was terrified to have. After Jim worked with me one-on-one for 8 months, I not only lost 85 lbs, but I also didn't need foot surgery anymore! As a matter of fact, I'm now back to running, a sport I love, and have become a certified spin instructor. My doctor told me I'm the poster girl for the benefits of diet and exercise.

One of the best things about working with Jim is that he is so understanding. Any time I felt embarrassed or self-conscious, he talked me through it. He assured me he had been exactly where I was and knew how I felt. That helped me so much through some of the harder times at the beginning when I was so unhappy with the way I looked. He assured me that if I kept working, the weight would come off...and it DID!

I'm a happier and more positive person now, and I enjoy my life so much more. Jim makes it fun to hit the gym, work hard, and see the results. I think he literally saved me. I wish I had found him years ago! -Liz

