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Instructor: John Mikula, Recreation Therapy Supervisor at the Malcom Randall VA Medical Center (Gainesville, Florida)

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John Mikula, MA, CTRS, CSCS, EP-C (ACSM), TRX, LVCYT, is the Recreation Therapy Supervisor at the Malcom Randall VA Medical Center in Gainesville, Florida. John attained his bachelor’s degree from Southern Illinois University and his master’s degree from the University of South Florida. His work history includes leading medical-fitness/rehabilitation teams and military exercise physiology as well as serving as a volunteer strength and conditioning coach with several NFL teams. John holds numerous professional fitness certifications and is also certified in seated/ adaptive Tai Chi and Yoga.