



Michael Granville

Michael Granville is a certified personal/group trainer (NASM), USATF level 1 coach, and TRX group training instructor. Michael moved to the bay area in 2001 to pursue his Olympic dreams by competing with the Nike FarmTeam. After an injury altered that goal, Michael retired from Track and started a career in health and wellness.

In 2002, he began work as a massage therapist and exercise specialist at Healthsouth in Palo Alto, and for Chiropractic offices in Redwood City/Palo Alto.

In 2006, Michael started a new job as a full-time bootcamp instructor and in 2015, started his own business, G:FIT Bootcamp, where today, over 100 bootcampers workout to their heart's content on a daily basis. Michael offers 5 classes a day located around Palo Alto.

As an All-American athlete, Michael volunteered his time to help with local youth in track and field. In 2016, Palo Alto High School hired Michael as assistant coach for cross country and track & field. After two successful seasons at Paly, Michael accepted the head coaching position for Gunn High School, where he is currently working and motivating student-athletes to be the best in athletics and service to their community.

Michael is also an award winning artist. He has art displayed in Palo Alto's Agile Physical Therapy, and in homes around the peninsula. He has runner-up and honorable ribbons of success at the San Mateo County Fair (2018 & 2019). His art ranges from portrait to mixed media and landscape using soft pastels, charcoal and earth!

Michael and his wife Marie have 3 beautiful children named Isaiah, Noah and Victoria and reside in Redwood City.

Athletic Career: 2x NCAA Champion at UCLA (Distance Medley Relay, 4x400m Relay); Pac-12 Champion (400 meters); Gatorade National High School Athlete of the Year (1996); Currently the National High School 800 meter record holder (1:46.45); California Interscholastic Federation's All-Century Team (2015).

Contact Michael to schedule personal training, strength & agility training or to sign up for one of his Bootcamp or TRX classes: granvillefit@gmail.com or (650) 906-3036