



January 25, 2023. "Improving Your Health Through Fitness & Exercise." John Bartholomeo Jr., President of Mohawk Valley Wellness. John Bartholomeo is the Owner and Head Coach of Mohawk Valley Wellness, voted 2018's and 2020 Best of the Best Fitness Facility in Central NY.

John proudly served 4 years in the United States Marine Corps, achieving the rank of Sergeant, and his vision for starting his business began in 2010, as he was traveling to and from Iraq. Beginning as mere CrossFit classes coached out of his garage, Mohawk Valley Wellness has transformed into a premier training center offering a multitude of fitness programs and services for all age groups, demographics, and walks of life.

John's entrepreneurial spirit and dedication have resulted in an extraordinary growth trajectory for his business, transforming a mere 1000 square foot location with two coaches, into a 13,000 square foot establishment with a coaching staff of 16. John enjoys all aspects of fitness and has recently taken up Brazilian Jiu Jitsu.

He regularly spends time mentoring local youth and is very active and influential in the community. John resides in Marcy, NY with his wife and business partner Jenifer, their son Benjamin, and their dog Georgie.