



HOMETOWN

Greensboro, NC

EDUCATION

Currently pursuing a B.A. in Kinesiology with a minor in nutrition, UNC-Greensboro

CERTIFICATIONS

Personal Trainer– N.A.S.M.

SPECIALTY

Interval Training (H.I.I.T)
Functional Fitness
Strength Training
Powerlifting
Stretching and mobility

AVAILABILITY

Tuesday and Friday evenings, varied on the weekends

MOTTO

“Fitness is a journey and we all start somewhere”

FAVORITE EXERCISE

Bench, squats, and deadlifts

BIO

Hi! My name is Antonio and I have been interested in fitness since I was in high school. I was instantly hooked by the ability of making myself stronger, healthier, and more determined. I am driven to expand my knowledge of exercise, both physically and mentally — I always want to learn! I believe it is never too late to start on anything, because everyone is different, especially when it comes to fitness! After



YMCA Personal Trainer

ANTONIO CERVANTES

years of thinking about what I wanted to do for a career, I just knew it had to be fitness and exercise, especially when I was doing it 3-4 times every week after work and school! I am happy to be part of the YMCA team of trainers and happy to help you on your fitness journey and achieve your level of fitness.