

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

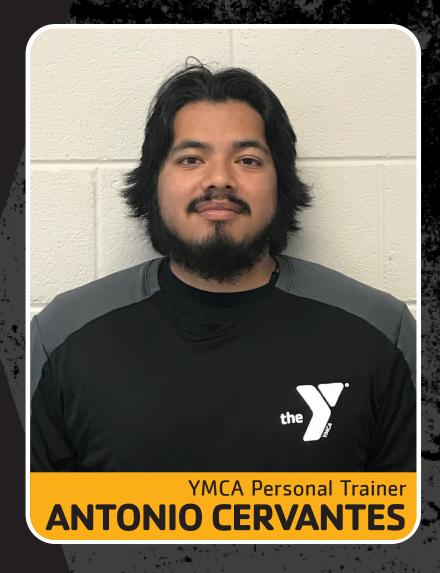
"Fitness is a journey and we all start somewhere"

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



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.