

# Vinny M.



**Certified Personal Trainer**  
**Team Member Since: 2009**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Instructional sports performance coach
- Coach: wrestling, football and soccer
- Agility, balance, flexibility
- Knee and shoulder rehab



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)