

Denise Y.

Education & Certifications

- BA in Marketing from Monmouth College, NJ
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer



Master Trainer
Group X Instructor
Team Member Since: 2010
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Skiing
- Golf
- Bowling
- 4th degree black belt
- 5-time World Champion ATA Taekwondo



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