

Nick A.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Kinesiology from Notre Dame De Namur University
- AED (Automated External Defibrillator)
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I love competitive ultimate frisbee because it is a unique and challenging sport.
- I have completed 12 triathlons, and love the feeling of accomplishment at the end.
- I played collegiate soccer and loved the camaraderie with my teammates.
- Coaching competitive soccer is rewarding and has helped my continued development.
- I believe healthy food should taste great and love cooking healthy food.



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