

# Vilma C.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 1998**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BA in Accounting from University Of Hawaii, Manoa
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- Sting Rey Classic 2010 Bikini-Short, 3rd place
- 2010 X-Terra Trail Run, Makena
- Golfing, Hiking, Dancing, Yoga
- Love my Pom-Chi Dog and my Daughter
- I am a Soccer Mom



For more info about this trainer,  
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