

Vilma D.



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,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining