

Anthony M.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Business from California State University, Hayward
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Golden State Warriors, Oakland Athletics
- Long Distance Running, Calisthenics
- Yoga, Rock Climbing
- Eating, Cooking, and Traveling



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