

Vinny M.



Certified Personal Trainer
Team Member Since: 2009

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Instructional sports performance coach
- Coach: wrestling, football and soccer
- Agility, balance, flexibility
- Knee and shoulder rehab



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 024

