

# 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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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 514