

Alberto D.



Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Hospitality and Marketing from Florida International University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- 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 - Fitness Nutrition Specialist
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Allstate Marathon (2012)
- ING Half Marathon (2013)
- Down & Dirty Mud Run (2013)
- Miami Famous Run Half Marathon (2014)
- NPC Physique Competitor (2014)



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24hourfitness.com/personaltraining

Club ID: 621