

Sergio M.



Certified Personal Trainer
Master Trainer
Group X Instructor
Fitness Manager
TC24 Coach
Team Member Since: 2012
Sessions Serviced:5,000 +



Education & Certifications

- BS in Sports and Fitness from Florida International University
- BA in Architecture from Florida Atlantic University
- AAI-ISMA - Personal Fitness Trainer 1
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- NPC Physique Competitor
- Marathon and 1/2 Marathon Athlete
- Martial Arts and Boxing
- Weightloss and Nutrition Coach
- PTA Global-Pt Certification

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

24hourfitness.com/personaltraining

Club ID: 624

