

Antoinette Daniel

**GROUP FITNESS
INSTRUCTOR**

EDUCATION & EXPERIENCE

Antoinette is an American Council on Exercise (ACE) certified personal fitness trainer and group exercise instructor specializing in cycling, TRX, HIIT, strength and conditioning and youth fitness.

She also holds an AA in Business Administration and is an experienced entrepreneur, with more than seven years of fitness facility business ownership.

TRAINING STYLE & PHILOSOPHY

She is a high-energy instructor and trainer that makes her workouts challenging, engaging and fun for all ability levels. Her focus is on breathing, execution, form and recovery.

Our health and well-being can be a full-time job. Stay committed, consistent, build healthy habits and join a community of like-minded people.

