

Antoinette Daniel

FITNESS SPECIALIST

EDUCATION & EXPERIENCE

I have an AA in Business Administration. I also have an American Council on Exercise (ACE) Personal Fitness Trainer Certification; in addition to TRX, HIIT and Youth Fitness Specialist Certifications. I have over 18 years of experience in the fitness industry, training adults with a focus on weight training, functional training, balance and stability.

TRAINING STYLE & PHILOSOPHY

I am a high-energy trainer and like to make my workouts challenging, engaging and fun for all ability levels. My focus is on breathing, execution, form, balance and recovery. I believe 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.

IF I WEREN'T WORKING IN FITNESS:

I would figure out how to build more affordable housing for Seattle's homeless population.

CONTACT ME AT

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