



POWER

PERSONAL TRAINING AT THE Y

TINO RIVERA

"Eat Well. Move Well.
Think Well."



TINO RIVERA

PERSONAL TRAINER

- NSDA-CPT D* personal training certification through the National Strength and Conditioning Association.
- Certified Fitness Instruction Trainer (CFIT) with a Masters in Health Services Administration (MA-HSA)
- I look forward to helping ALL who wish to lead a health and wellness based life! My training focuses on strength and conditioning so that the "small" things are attainable.
- I understand what it means to be unhealthy, having weighed 300lbs and prescribed several medications at my heaviest. I changed my lifestyle in 2011.
- When I'm not training clients, I live according to Scripture, my children, my wife, & my desire to be the greatest example of what it takes to be a leader to all who will get to know me.

