

CHERYL ALESSANDRINE

CERTIFICATIONS

- AFAA Certified Personal Trainer
- AAAI/ISMA Certified Personal Trainer
- AAAI/ISMA Older Adult Certified
- AAAI/ISMA Total Body Strength Certified
- POUND Certified
- Beachbody INSANITY Certified
- Boxing Bag Drill Instructor



BACKGROUND

I started working as a personal trainer and aerobics instructor in 1987. Motivating people to lead a healthy, fit lifestyle has always been my passion. I have helped professional athletes, as well as senior citizens achieve their goals. It's never too late to improve your health. With individualized training and proper technique, I am here to help you achieve results. My goal is to support and motivate you during every step of your fitness journey. I enjoy helping people of all fitness levels become the best versions of themselves by creating a fun environment where you are challenged and feel accomplished after every workout.

CONTACT:

Contact Cheryl at (609) 602-5168

Available for Group and One-on-One Training

North Beach Group Training- \$150 for 10 sessions