



Ariel

Angel-Vincent, ACSM-CPT

Education:

Ariel holds a Bachelor of Science in Exercise Science from Western Michigan University.

Certifications:

Ariel is an ACSM Certified Health and Fitness Specialist and an ACSM Certified Personal Trainer

Area of Specialty:

Weight Loss/Management

Functional Training

Special Populations

Strength & Conditioning

Boot Camp

One on One Training

Group Training

High Intensity Interval Training

Experience:

2 Years

Training Style/Philosophy:

"As a Personal Trainer my purpose is to educate, inspire, encourage and motivate my clients to reach their greatest level of fitness. In training sessions I focus on cardiovascular, strength, endurance and flexibility exercises to improve fitness levels. I strongly believe individuals will reach their greatest level of fitness with faith, confidence, dedication and hard work."

My Passion for Fitness Comes from:

"Knowing that fitness has a tremendous impact on an individual's life. Fitness can prevent diseases, improve mental and physical health and increase quality of life."

My Proudest Moment with a Client:

"Includes seeing them improve physically, reach their goals and accomplish something they never thought they could. My first proud moment was when one of my clients improved physically. She was unable to walk without a cane and eventually she no longer needed it. Another proud moment was with a client who dropped four sizes despite physical limitations."

My Favorite Exercise/Training Tool:

"My favorite exercise is the burpee. The burpee is a full body exercise that can be done by individuals at different fitness levels. My favorite training tools are dumbbells and the human body."