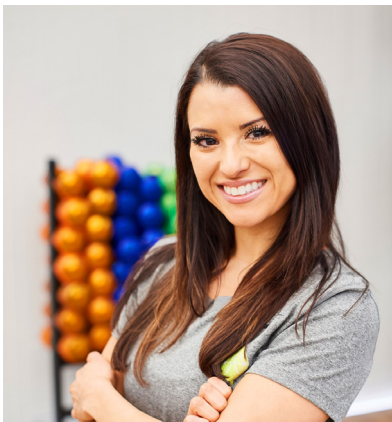


LET THE TRANSFORMATION BEGIN



TRAINER

DESTINY PEREZ



DEGREE(S):

National Academy of Sports
Medicine

CERTIFICATIONS:

NASM - Certified Personal Trainer
TRX
Yoga Instructor
Reflexive Performance Rest
Trigger Point Therapy
Pre and Post Natal
Kettlebell

ABOUT:

I'm a Lifestyle Transformation Coach. I've worked in the health and fitness world for the past 10 years. I'm a certified personal trainer, yoga instructor, and nutrition coach.

I'm fully qualified and hold a long list of certifications. I specialize in body mechanics. I'm a certified RPR coach and an expert in injury prevention and rehabilitation.

I am here to inspire, teach, and share my wide range of knowledge. My passion in life is to not only transform your body, but transform your mindset. I want to help you discover true happiness from within and shape you into the best possible version of yourself.



THE CLUB
at CENTURY PARK