

CANDI CABRERA

CERTIFIED PERSONAL TRAINER



MY GOAL AS
YOUR TRAINER IS
TO PROVIDE YOU
WITH THE TOOLS
YOU NEED TO
ACHIEVE
SUCCESS.

Training Philosophy

I believe in order to start a fitness program you need commitment, drive, passion, and motivation to help you succeed. Exercise can be a fountain of youth for many and can resolve some of our everyday aches and pains, including stress. It's also a great preventative tool for many chronic diseases. I will provide my clients with the motivation, support, and guidance they need to provide the strength and knowledge needed to obtain a successful program. As a Reiki III energy healer, I've recognized the importance of exercise, as we only have one body in our life and taking care of yourself physically, mentally and emotionally through exercise, nutrition and hydration are major factors in achieving your best individual self. I'm honored to help others succeed in achieving their fitness goals and look forward to seeing my clients obtain results!

Experience

Personal Trainer – Since 2017

Group Exercise Instructor– Since 2012

Cheer Coach– Pal Youth Football League, NYFL 1999-2007

Certifications

- EXOS Fitness Specialist
- Maddogg Spinning Certification
- TRX Group Training
- AFAA Group Exercise Certification
- Zumba Certified
- CPR/AED Certified

Education

- Attended De Anza & Skyline College

Interests

Dancing, energy healing, indoor cycling, hiking, laughing, enjoying life



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM