

# Personal Training Director & Master Trainer



## Camille Della Vecchia

Camille Della Vecchia is the Personal Training Director, a Master Trainer, and a Group Fitness Instructor at All Sport Health and Fitness. She is certified by AFAA: Aerobics and Fitness Association of America, the worlds largest fitness education company as a Master Trainer, Group Fitness Instructor and Fitness Examiner.

As part of her extensive fitness career, Camille has studied and trained with the author of the AFAA Personal Training textbook. Camille's training includes groups, pairs and one-on-one, as well as workshops. She has proven positive fitness results in her clients, ensuring they adhere to healthy lifestyle changes by guiding them with the latest training methods for a well balanced, safe and productive workout.

In addition to fitness, Camille holds a college degree in Media Arts and Communications. She teaches Musical Theater and is also a dance choreographer. Camille is a member of USTA Eastern (United States Tennis Association) and plays on a competitive Women's Tennis league team.

### *Fitness Qualifications*

- AFAA Master Trainer
- AFAA Group Fitness Instructor
- AFAA Fitness Examiner
- Practical Nutrition, Metabolism, and Hormones Training Certified
- TriggerPoint™ Performance Myofascial Compression™ Techniques certified
- Les Mills BodyVive certified
- ACE Youth Fitness certified
- CPR Certified
- Heart Saver AED

### *Completed Studies & Teaches*

- Group Fitness Aerobics, Senior Fitness, Group Strength, Group Barbell Strength, Balance, Flexibility, TRX, EPOC
- Cycle (spinning), Step Aerobics, Kick Boxing, Boot Camp, Interval Training, Yoga, Pilates, Basic Tai Chi and Qi Gong

*As your Master Trainer, we can get started today by customizing your fitness regimen to improve your health. You will see lasting results which will improve your life.*

**ALLSPORT**  
health & fitness

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