

Upward Motion Personal Training Announces Current Certified Personal Trainer Team May 2015

Albuquerque personal training boutique gym is proud to announce its current certified personal training team as of May 23, 2015. The company, established over 6 years now, is a full service personal training facility offering a wide variety of services and classes including group training classes, personal trainer services, athletic training, injury rehabilitation personal training, weight loss coaching and team training classes. The current certified personal trainer team members are as follows:

Luis Alvidrez

Experience and Credentials

- Graduated cum laude with a Bachelor's degree in Exercise Science from the University of New Mexico
- Graduated with Outstanding Academic Achievement Award
- Currently in the Graduate Program for Exercise Science at the University of New Mexico
- Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association
- Certified Personal Trainer from the National Academy of Sports Medicine

Personal Interests

Running, Weightlifting, Hiking, Kickboxing, Basketball, Ground fighting, Mountain Biking

Jamie Brokaw

Experience & Credentials

- Diploma of Fitness Technician from Apollo College
- Certified Personal Trainer through the American College of Sports Medicine
- Certified Silver Sneakers Instructor
- Certified Level 1 Piloxing Instructor
- Graduated from The Desert Institute of the Healing Arts in Massage Therapy

Personal Interests

Hiking, Mountain Biking, Swimming, Weightlifting, Yoga, Pilates, Boxing, and Dancing.

Jessi Allen

Experience & Credentials

- Bachelor's Degree in Science Nutrition from Central Washington University
- Certified Personal Trainer through the American Council on Exercise and the National Council for Certified Personal Trainers
- Certified Lifestyle and Behavioral Coach through SCW Fitness Education

Personal Interests

Rugby, Rock climbing, Snowboarding, Mountain Biking, Cooking, Dancing, Reading, Hiking.

Experience & Credentials

- Certified personal trainer, ACE
- Black belt in Kenpo Karate
- Former professional boxer/kickboxer

Danny Slade

Personal Interests

Boxing, kickboxing, Mixed Martial Arts, hiking, camping, traveling, cooking and spending time with loved ones, including my dog.

About [Upward Motion Personal Training](#):

Upward Motion Personal Training is a personal trainer studio offering customized personal training workout programs, small group training classes, Shockwave Group Training Classes and Indo-Row Group Training Classes. The company's workout studio is located at 336 Adams St SE, Albuquerque, NM 87108

CONTACT:

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