

Sanel Cehic

Certified Group Fitness Instructor/Personal Trainer
Patch/Panzer/Kelley Fitness Center: *Bootcamp, HIIT*



Philosophy

I am a sports and fitness enthusiasts and want to share my love of fitness and a healthy lifestyle with my customers and clients. I am qualified to train children, youth, and adults. I am a group fitness instructor and also offer one on one training. I can help build a program specific to your needs and goals.

Experience

1996 - 2009 Muay Thai (Thai Boxing)

2003 - 2007 Muay Thai education and Training with Master Amnat of Muay Boran in Bangkok Thailand

2008 - 2009 European Champion ISKA (International Sport Kickboxing Association)

2005 - 2012 Self-employed Personal / Group Fitness Trainer (Tampa, FL)

2013 - until now Personal and Athletic Trainer

(HTC Hockey und Tennis Club, FSV Soccer Waiblingen)

Current Certifications

Fitness Trainer Konstanzer Akademie

Group Fitness Trainer (Sportpsychologie) Konstanzer Akademie

Personal Trainer (Motivation) Konstanzer Akademie

CPR / First Aid Deutsches Rotes Kreuz