

Personal Trainer



Marianna Chiero

Marianna Chiero is an Aerobics & Fitness Association of America Certified Personal Trainer. She currently teaches Group Power at All Sport Health & Fitness. As a child, Marianna battled being overweight, overcoming her battle by rehabilitating herself, and now lives a healthy lifestyle. Marianna believes that combining fitness and nutrition is the key to looking and feeling your best. Marianna specializes in all areas of fitness and strength training, and can individualize a program just for you. Whether you wish to maintain your fitness level or lose inches, Marianna can help you to reach your fitness goals.

Certifications include:

- AFAA Certified Personal Trainer
- Group Power BTS Certified Instructor
- AFAA Indoor Cycling
- AFAA Aqua Fitness
- Group Exercise Instructor Program, All Sport Health & Fitness
- American Heart Association CPR & AED certified

Call Marianna at All Sport Health & Fitness at 896-5678, ext. 177 to set up an appointment. You can also e-mail her at Marianna@allsporthealthandfitness.com

ALLSPORT
health & fitness

845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com