

Kenny Christo

Written by Administrator

Monday, 16 January 2012 02:06 - Last Updated Monday, 19 September 2016 00:01



Kenny Christo - Boxing

Kenny Christo is a certified boxing coach, referee, and judge through USA Boxing and was a competitive amateur boxer with a record of 28-8. He is a certified personal trainer through the National Council on Certified Personal Training (NCCPT) and has attended various sports injury clinics. His experience includes certification in Strength & Conditioning and Agility Training as well as physical fitness for prenatal women. Kenny has worked for the Cincinnati Fire Department for over 16 years as a full-time EMT and firefighter. In addition, he is also one of the head coaches of the Cincinnati High School Boxing Team and the University of Cincinnati Boxing Club.

Classes: Fitness Boxing, Strength Training, Amateur Boxing Programs, Personal Training

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