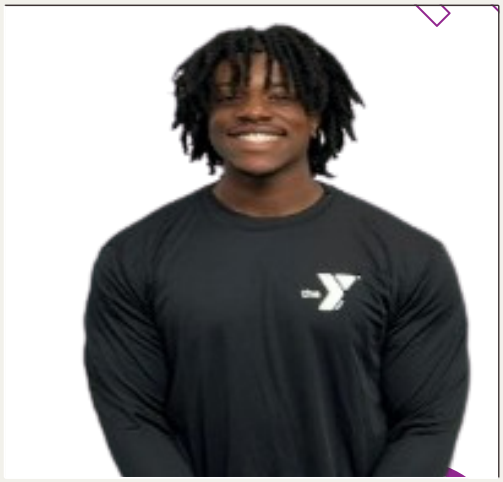
PATCHOGUE FAMILY YMCA
PERSONAL TRAINING

PERSONAL TRAINER

AUSTIN MANENGU



ABOUT

Hi, I'm Austin Manengu! I'm a Health Science student with an exercise science concentration at Stony Brook University pursuing a career in Physical Therapy! For the past seven years of my life, working out and fitness has been the main passion of mine. From learning to deadlift, achieving my first pull up, to competing in my school's powerlifting events, I fell in love completely with everything related to fitness. Moving forward, as a National Academy of Sports Medicine (NASM) certified personal trainer, I would love to imbue my personal knowledge on the human body from a very exercise focused lifestyle as well as my NASM personal trainer certification teachings into helping you reach your fitness goals! I can't wait to work with you and possibly help you fall in love with the world of fitness just as I have!

EDUCATION & PROFESSIONAL CERTIFICATIONS:

- National Council on Strength & Fitness

Patchogue Family YMCA
255 West Main Street
Patchogue, NY 11772