

# DOUG

# Personal Trainer



**Certified Personal Trainer**  
**Doug Collins**

## Education & Certification

- B.S. Degree in Social Science
- State of California Teaching Credential
- Certified Personal Trainer  
Certification through International Sports Science Association
- CPR Certification
- AED (Automated External Defibrillator)

I have worked as a strength and conditioning coach with high school and college athletes since 1993. I also enjoy coaching, assisting, and training middle aged and senior clients. Everyone has a fitness goal that can be met. I have been married for 30 years to Jonni, who is also a Certified Personal Trainer.

We live in Oxnard and love spending time with our four sons and our grandchildren. We also enjoy working out, camping, movies, and hiking.

## Interests & Hobbies

- Triathlon
- Helping people reach their fitness goals
- Camping

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