

Personal Trainer



Jonny Miranda

Living a fit and healthy life style is relative in the world we live in today; our personal trainer Jonny is here to help you meet whatever goal you are trying to accomplish.

Having been in rooms with some of the UFC's biggest contenders such as Jim Miller, Dan Miller, Mickey Gal and more Jonny is no stranger to the grind it takes to succeed at any personal goal. Jonny has competed in many martial arts tournaments as well as calisthenics contests. Combined he has over a decade of weight training, calisthenics, and martial arts experience.

Whatever dream you have for your fitness endeavors will be met and exceeded with the fun and upbeat effort Jonny embodies.

Jonny is currently chasing a degree in physical therapy at mount St. Mary's College and continues to train and compete in martial arts tournaments today.

His hope for the future is to continue to empower and help people become not just the best athlete, but the best version of themselves possible.

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845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com