



NIKKI BONANNI

Exercise Physiologist, Personal Trainer

EDUCATION

Ithaca College
-M.S. in Exercise Physiology
University of Maryland
-Graduate Studies in Exercise Physiology
Ithaca College
-B.S. in Exercise Science/Fitness & Cardiac
Rehabilitation

SPECIALIZATIONS

- § Sport Specific Training
- § Strength & Cardiovascular Improvement
- § Program Development
- § Post-Physical Therapy Rehab

CERTIFICATIONS

Certified Strength & Conditioning Specialist
(*NSCA*)
Certified Personal Trainer (*NASM*)
AHA CPR/AED

BIO

- § Former Collegiate Division III Field Hockey and Softball athlete
- § Former Owner & Exercise Physiologist *Cayuga Fitness Consultants Personal*
- § Former Club Manager, Personal Training & Program Director
- § Strength & Conditioning Team Program Development *Ithaca College, Wells College*
- § Coaching Experience: High school softball, field hockey, volleyball & track