



Fernando Padilla

Personal Trainer

Fernando's Favorite Quote:

*"Your dreams are
who you are
meant to be...
You are what you
settle for"*

known-



BIO: I was born and raised in Mexico City, then moved to California in High School. During High School, I started to develop an interest for fitness which soon turned into a passion. A TV commercial actually changed my life. Their philosophy was that fashion changes, but a good body never goes out of style. It was then that I decided to pursue fitness as a lifestyle.

Now I'm here at CFC ready to work and continue my education. I've always wanted to share the benefits of good health to others. I believe that if we lead by example, our youth will follow. So let me help you and we can lead by example together!

Certifications:

- National Academy of Sports Medicine, CPT
- CPR/AED

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