



GODWIN

I choose the Y because I want to have an opportunity to make a positive impact in the community

GODWIN MORDI

About Me

Godwin is a seasoned Fitness Professional. He has trained professional athletes to the Olympic Games and FIFA Soccer World Cup, among other international sporting events. He has helped many clients lose weight and they have kept it off, from utilizing his signature weight loss program. Godwin has played soccer his entire life, and currently plays Semi-Pro. He is also an amazing Volleyball player. He is cheerful, friendly, kind, and loves to help clients accomplish their fitness goals. He is always wearing a smile on his face and loves to make new friends.

Certifications

- MS Applied Health Science (Health & Fitness)
- BPT
- Wiemspro Trainer Levels 1 & 2
- NASM CES, Extreme Bootcamp Drill Instructor
- Adult CPR & AED
- Teen
- Youth & Adult Soccer & Volleyball Coach

Specializations

- Pro-Athlete Training
- College & HS Athlete Training, Weight-Loss Coaching
- Indoor & Outdoor Bootcamp Classes
- Muscle Building, Lean Muscle Toning
- Fitness Motivational Public Speaking

Biggest Result with a Client

I trained a client who had never exercised her entire life, due to chronic case of asthma, lose 120lbs, and she kept it off!

How would I define my training style

Scientific, Innovative & Cutting Edge.

Favorite Workout

Playing soccer!

MY Y STORY

I choose the Y because I want to have an opportunity to make a positive impact in the community by sharing my wealth of knowledge and expertise.