



### Buy Local Hire Local Promo

OCVTS Program: Health & Fitness, Toms River Center – Helene Crist, Instructor

Student: Vincent Luongo (left)

Employer: Retro Fitness, Brick - Ron Caponetto, Personal Trainer (right)

Website: [retrofitness.net](http://retrofitness.net)

“At Retro Fitness we recognize that there are core reasons why an individual decides to work with a personal trainer. Motivation, accountability, safety and knowledge are the key elements to achieving a successful relationship between clients and their trainers. The staff at Retro Fitness believes Vinny encompasses all the characteristics that make up a good personal trainer. As each of his clients achieves their fitness goals, we are certain that Vinny was given the right tools through his OCVTS Health & Fitness Program,” kind words shared by Ron Caponetto, Personal Trainer. Vinny works as a personal trainer at the Retro Fitness in Brick but it should be noted that they also have locations in Bayville, Lacey, Wall and Bayonne.

“As a student in the Health and Fitness Program, Vincent was always reliable, conscientious and committed to the program. He had taken part in the planning and organization of the American Red Cross Blood Drives and proved to be an exceptional leader of the class. He has mastered the skills needed to become a high-quality personal trainer. Vincent is also a volunteer for the Pleasant Plains Fire Department,” proudly remarked Helene Crist.

Vinny wanted to thank his instructor Helene Crist and the Health and Fitness Program. In a heartfelt statement, Vinny stated, “OCVTS has given me the skills and confidence I needed to become a successful personal trainer. Each day I go to work, I feel accomplished knowing I am helping someone change their life.”