



## PROFILE

I started my Mixed Martial Arts career in 2012. I trained at multiple fight gyms in Vermont, Florida, Massachusetts and New Hampshire. My MMA bouts have taken place in the state of New York, Vermont, Maine and New Hampshire. I have trained in multiple fight styles, my favorite style of Martial Art is Muay Thai/ Kickboxing. I'm interested in helping people improve their fitness. As a Trainer I know great form, stretching and a regular fitness regimen will bring maximum fitness results.

## CONTACT

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# RICKY SYLVESTER

## 9Round Kickboxing Fitness

Certified Kickboxology  
November 2021

## Rewine Hydro Spa

Alternative and Holistic Health Services  
Owner/ Director  
November 2020

## Seacoast Youth Flag Football

Assistant Football Coach  
Salisbury, Massachusetts 2018

## Infuse Sports Training

Summer Camp Sports Coach  
Kinetic Stretch Exercise  
Marcus R. Watts  
North Port, Florida  
May 2010

## EDUCATION

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### University of California Irvine

Current - TBC  
Project Management  
Spa Management Certification

### Movnat

Natural Movement Certification  
Warwick, RI Laid-back Fitness  
November 2022

## HONORS AND AWARDS

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### Fitness America Championships 2011

Men's Fitness Division

### Fitness New England 2012

Men's Fitness Division

### Fitness Universe Championships 2012

Men's Fitness Division