



Antoine Washington

Fitness Director

Antoine Washington is the Fitness Director at the Cleveland Skating Club. Antoine joined the team in 2001 as a Fitness Professional and was promoted to Director in 2010. Antoine works with the fitness staff to provide positive, lasting member experiences.

Antoine also works with members with goals varying from weight loss to increased athletic performance. He believes the work he does enhances the quality of life for the members. One of Antoine's most rewarding experiences is empowering older adults to function at higher levels of independence.

Antoine currently is a certified Strength and Conditioning Specialist by the National Strength and Conditioning Association, as well as a Level 2 Trainer by CrossFit, Inc.. Antoine holds a B.S. in Sport Management from Cleveland State University and continues to study the work of some of the best fitness, strength, and conditioning coaches in the field.

