



Vance Smith

Vance started training at HBC in Hudson NY in 1975. In 1982, he joined the Colonie Athletic Club and in 1996 Gold's Gym. In 2001, he left Gold's to join ABC Fitness. In 2014, he joined P.I.T. Fitness, now P.I.T. Fitness. Vance has over 42 years representing "practice what you preach." Vance holds F.I.T., NSA, Apex, & Stretch Fitness certifications.

Vance also has 28 years of experience in Martial Arts, Kokikai, Aikido and is a 5th degree Black Belt (since 2011). Achieving his blackbelt has helped Vance teach others the great power of internal energy. Vance looks forward in sharing external & internal energy with you.

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