

# Kory J.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Boxing
- Muay Thai
- Mixed Martial Arts
- Hiking
- Changing Lives Through Fitness



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)