

# Jon D.



**Master Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Criminal Justice from California State Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Outdoor fitness: hiking and running
- Coaching basketball
- Traveling
- Camping



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

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