

# Jon J.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Half Marathons
- Competed in US Army Combatives
- Avid Hiker
- Yoga Fit Certified



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

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

Club ID: 059

