

# Jon J.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Hobbies and Achievements

- Personally lost 70lbs
- Mud Runs and 5Ks
- Bodybuilding
- Hiking



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

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