

# Fernando F.



Team Member Since: 2010

## Education & Certifications

- Pilates Mat Certification
- Kettlebell Certification
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Marathon (LA in 2000 & Miami in 2003)
- Kettlebell Coach for 6 years



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)