

Michael I.



**Certified Personal Trainer
Team Member Since: 2005**

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist

Hobbies and Achievements

- Played Football for Fullerton JC
- Ran Track and Field - 100, 200 Meter Dash
- Boxing Instructor
- 5K, 10K, Half Marathon Runner



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 064