

John C.



Master Trainer
Team Member Since: 2001
Sessions Serviced:5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball
- Golf
- Tennis



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