

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



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

24hourfitness.com/personaltraining

Club ID: 066

