

# David F.



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

## Education & Certifications

- MS in Systems Management from University of Southern California
- BS in Bioscience from U.S. Naval Academy
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council for Certified Personal Trainers - Future Fit Inc.
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- Outstanding College Athlete of America Award
- Crew Captain - Varsity Crew (USNA)
- US and Canadian Masters Champion (Rowing)
- FISA World medalist (Masters Rowing)
- 2:56 Marathoner / 1:24 Half Marathoner



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

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

Club ID: 095