

# Josh C.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2009**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from California State University Long Beach
- 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
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Weekends with Monique and our pugs
- Playing sports at the beach
- Traveling
- Grilling



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

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

Club ID: 097