

Adam G.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- BS in Kinesiology - Exercise Science from California State University Long Beach
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Enjoy playing all sports and maintaining a healthy lifestyle
- 2 Time All Conference HS Varsity Basketball 2005-2006
- HS All Conference Scholar Athlete 2006



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

Club ID: 111

