

John B.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Ethnic Studies from University of California, Berkeley
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Marathons - sub 3:30 runner
- 5K - sub 20:00
- Triathlon - Olympic and sprint distances
- Enjoy watching and playing football
- Cooking and Eating



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