

# John M.



**Certified Personal Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Engineering from Arizona State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Lifestyle and Weight Management Coach
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Ran the Honolulu Marathon
- Learned to water ski on one foot at age 9
- Over 4,000 sessions serviced



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

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

Club ID: 175

