

Benjamin B.



Certified Personal Trainer
Team Member Since: 2008

Education & Certifications

- BA in Communication from CUNY Queens College
- 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 Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Football, basketball, hiking
- Poetry, music and photography
- Cooking, traveling, culture



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24hourfitness.com/personaltraining

Club ID: 183

