

Joe T.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology with specialization in Exercise Science from University of Rhode Island
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Bodybuilding Competitor (1st Mens Juniors, 3rd Mens Novice)
- Rowing
- Power Lifting
- Break dancing
- Improvisation



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Club ID: 183