

# Jon S.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- Psychology from Saddleback
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Football
- Lacrosse
- Wrestling
- Basketball



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

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