

Mark T.



Certified Personal Trainer
Master Trainer
TC24 Coach
Team Member Since: 2002
Sessions Serviced: 20,000 +

Education & Certifications

- BS in Psychology from California State University Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Advanced Sports Fitness
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Camp Pendleton World Famous Mud Run
- Recreational Baseball - Little League Coach
- Surfing
- Duty as a Flight Medic
- Desert Storm Army Veteran - 6 Years Active



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

24hourfitness.com/personaltraining

Club ID: 195