

John C.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Exercise Science from University of Mississippi
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Working out
- Football



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