

Brian J.



Certified Personal Trainer
Team Member Since: 2005

Education & Certifications

- BS in Psychology from Northern State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- National Pysique Committee 4th place Men's Masters 45+ March 2013
- Functional training
- Outdoor endurance training
- Recreational running
- TRX



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

24hourfitness.com/personaltraining

Club ID: 204