

John C.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Personal Training Institute of Colorado - Personal Training Certification

Hobbies and Achievements

- Mixed Martial Arts
- Boxing
- Spending time with my 3 kids
- Enjoy hiking



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

24hourfitness.com/personaltraining

Club ID: 205