

# John D.



**Certified Personal Trainer  
Team Member Since: 2011**

## **Education & Certifications**

- BA in Business Administration from Florida International University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## **Hobbies and Achievements**

- Paddle boarding
- Mountain biking
- Tennis
- Distance running



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