

John S.



Certified Personal Trainer
Team Member Since: 2004
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist

Hobbies and Achievements

- Marathon
- Triathlon
- Weight lifting



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

24hourfitness.com/personaltraining

Club ID: 319

