

Paul F.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- BS in Sport and Exercise Science from University of Northern Colorado
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Strength and conditioning intern at Northern Colorado (2011-2012)
- 4-year starter for Northern Colorado club baseball team
- NCBA 2nd team all conference designated hitter (2012)
- Scout team player for UNC's women's basketball team (2009-2012)
- Currently coaches baseball at Discovery Canyon HS



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24hourfitness.com/personaltraining

Club ID: 324