

Cody J.

Education & Certifications

- BS in Fitness Management from Northern State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Advanced Sports Fitness
- National Academy of Sports Medicine - Performance Enhancement Specialist



Team Member Since: 2004
Sessions Serviced: 5,000 +

Hobbies and Achievements

- Cooking
- Playing sports
- Spending time with family
- Crossfit



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