

Keith J.

Education & Certifications

- BS in Kinesiology from California State University Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist



Team Member Since: 20001
Sessions Serviced:10,000 +

Hobbies and Achievements

- Cycling
- Snowboarding
- Track and field



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 346

