

Josh D.



Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Kettle bell training
- Mixed Martial Arts
- Sports specific training



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

24hourfitness.com/personaltraining