Justin C.



Master Trainer
Team Member Since: 2003

Education & Certifications

- BS in Kinesiology from Stephen F. Austin University
- 24 Hour Fitness Certified Personal Trainer
- Cooper Institute Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine Corrective Exercise Specialist
- National Academy of Sports Medicine Certified Personal Trainer
- TRX Suspension Training Certified TRX Instructor

Hobbies and Achievements

- Playing golf
- Spending time with family and friends
- Weight training



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

24hourfitness.com/personaltraining

