

Jon G.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- BA in History and German from University of Oregon
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Oregon National Guard Youth Challenge - most improved physical fitness
- Volunteer PE instructor for underfunded elementary schools
- Volunteered to instruct US Marine Corps recruit candidates
- Personally gained 50 lbs lean muscle with my personal trainer
- Cooking and home brewing



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24hourfitness.com/personaltraining