

Joseph W.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2012**

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Personally Lost OVER 200lbs, 2011-2012
- Love Playing Basketball
- Love doing Plyometric and Strength Training workouts
- Healthy Cooking
- Bodypump



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

24hourfitness.com/personaltraining