

# Joshua E.

## Education & Certifications

- AA in Fitness Instruction from Diablo Valley College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Fitness and Healthy Cooking
- Football
- Snowboarding
- Hiking



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)