

Justin T.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2000

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- ALC and Tough Mudder Participant
- Spinning
- Surfing
- Volleyball
- The Beach



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