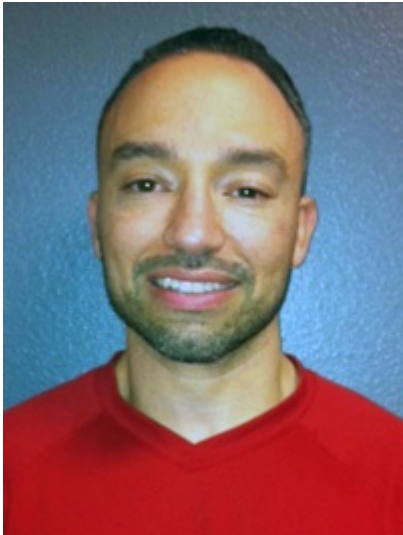


Frank J.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2007

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Football, baseball and basketball
- Coaching youth sports
- Snow boarding
- Weight lifting



For more info about this trainer,
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24hourfitness.com/personaltraining