

# Ed A.

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 15,000 +**

## Hobbies and Achievements

- Marine Corps Fitness Instructor
- Rock Climbing
- Certified Fitness Nutrition Coach
- Combat Water Safety Swimmer (CWSS)



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

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

Club ID: 577

