

Peter F.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- BS in Kinesiology from Sonoma State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Free Weight, Body Weight and Functional Training
- Distance Running - Ran First Half Marathon February 2013
- Healthy Cooking and Healthy Eating
- Football and Basketball
- Spinning and Cycling



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Club ID: 577