

# Jose S.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Running
- Fishing
- Cross Training
- Weight Training
- Core Training



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

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