

TJ S.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2008

Education & Certifications

- BS in Liberal Arts from Northern Virginia Community College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- The National Personal Training Institute - Personal Training Certification

Hobbies and Achievements

- Strength training/coaching Mixed Martial Arts
- Reading
- Outdoor activities



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

24hourfitness.com/personaltraining