

John F.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2002
Sessions Serviced:10,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor
- USA Weightlifting Certification

Hobbies and Achievements

- Olympic High Performance Center Staff; Beijing, China 2008
- Coaching Wrestling
- Combat Sports
- Rock Climbing



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