

Matt K.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Sports Management from East Stroudsburg University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Movie buff
- Avid golfer
- Traveling to new destinations
- Watching my Chicago Bears



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

24hourfitness.com/personaltraining