

Jose V.



Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- 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

Hobbies and Achievements

- 2010 Galveston Lonestar Ironman Triathlete
- Bodybuilding Training
- Crossfit Training
- Boxing Training
- Track Running



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24hourfitness.com/personaltraining