

# Brian J.



**Certified Personal Trainer  
Assistant Fitness Manager  
Team Member Since: 2013**

## Education & Certifications

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

## Hobbies and Achievements

- Glute and FUNctional Core certified
- Football, Kickball, cooking, and Coaching others to be their best!
- Spending time with family and my puppy
- Four wheeling, Stand-up comedy, Teaching boot camps
- Motivational speaking



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

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