

Joe P.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2009
Sessions Serviced: 5,000 +**

Education & Certifications

- BA in English Literature from Wheaton College in IL
- 24 Hour Fitness - Certified Personal Trainer
- 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

Hobbies and Achievements

- Crossfit
- Yoga
- Nutrition
- Corrective Exercise



For more info about this trainer,
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24hourfitness.com/personaltraining