

# 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,  
scan this code with your smart phone or visit:

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

Club ID: 727