

Brian N.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- USMC Veteran 2006-2010
- CrossFit
- Yoga
- MMA - Mixed Martial Arts
- Bodybuilding



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

24hourfitness.com/personaltraining