

John G.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Business Administration from Sonoma State university
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Has ran multiple Ultra Marathons
- Ran sub 3 hour marathon
- Nutrition



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