

# Jon A.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Gracie Jiu Jitsu Purple Belt
- Tough Mudder Finisher
- Baseball
- Hiking



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