

Kenny J.



Certified Personal Trainer
Team Member Since: 1996

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- International Fitness Professionals Association - Advanced Personal Fitness Trainer Certification
- International Fitness Professionals Association - Master Personal Fitness Trainer Certification
- International Fitness Professionals Association - Sports Nutrition Specialist Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Studying to be a physician
- Working out
- Reading
- APEX Certified Nutrition Specialist
- SCC Certified Fitness Trainer
- Certified BOSU Balance Specialist
- Certified Stretch Specialist



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