

# John M.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Applied Nutrition from Penn State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- 2003 Group Trainer for Philadelphia 76ers
- 1998 Penn State Mckeessport Basketball Walk On
- 1996 P.A. West All Star Slam Dunk Contest Runner Up



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

Club ID: 872

