

John A.



**Certified Personal Trainer
Team Member Since: 2011**

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council for Certified Personal Trainers - Future Fit Inc.
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- NCAA Div III. Baseball at Chapman University
- Basketball- Orange Coast College
- Titleist Performance Institute
- 5 Years Experience Coaching Power Endurance and Speed Training
- 15 Years Experience in Baseball Fundamentals Training



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