

# Xavier P.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2007**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- 3 TIMES 1ST DIVISION SOCCER CHAMPIONS 2009-2010
- SOCCER COACH CREDENTIAL YOUTH 16 AND BELOW 2011
- USA BOXING COACHING CREDENTIAL 2012



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