

# John S.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification

## Hobbies and Achievements

- Football - 3 year letterman
- Track (4x100, 4x400, 100m & 400m)
- Basketball - 1 year letterman



For more info about this trainer,  
scan this code with your smart phone or visit:

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