

Jonathan K.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise 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

- Physical Therapy Aid
- Basketball - 15 years
- Bass Fishing Tournaments - 5 years
- Intermural Championship Bowler 2006



For more info about this trainer,
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24hourfitness.com/personaltraining