

# Joey C.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
Team Member Since: 2010

## Hobbies and Achievements

- Hiking combines my love of nature, being active, and being outside.
- I enjoy the challenge of rock climbing and pushing my own limits.
- When I am not at the gym, I am spending time with family and dog.
- I love the reward of setting and achieving personal fitness goals.
- Constantly expanding my education through reading and hands on education.



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

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

Club ID: 895

