

Matt G.



**Certified Personal Trainer
Assistant Fitness Manager
Team Member Since: 2012**

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- I hold 3 New Jersey State drug-free powerlifting records.
- On weekends you will find me hiking with my two dogs.
- A rousing game of Scrabble with my family always fires me up.
- I love going to the theater or a good opera.
- I spend at least 1 hour a day reading fitness books, journals and articles.



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