## 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, scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

