

John C.



Master Trainer
Group X Instructor
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- 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

- Spending quality time with my family
- Hiking, Biking, Swimming, and Snowboarding
- TRX Suspension Training and Functional Training



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