

Tom G.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from California Polytechnic State University Pomona
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Working out a variety of different ways
- Raising my daughter
- Watching Packer games



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