

Joseph C.



Master Trainer
Certified Personal Trainer
Team Member Since: 2003
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from California State University Fullerton
- MS in Kinesiology from California State University Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Family Time
- Muay Thai, Jeet Kun Do, Self Defense Instructor, Tae Kwan Do
- USA Archery Instructor since 2006
- Wilderness Survival Instructor since 2004
- Professor of Kinesiology Since 2006



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24hourfitness.com/personaltraining

Club ID: 922

