

Jordan C.

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



Team Member Since: 2009

Hobbies and Achievements

- Trained over 2000 sessions
- Long distance running
- 5k in 20 minutes
- Mixed Martial Arts
- Muay Thai
- Lost 60lbs in 6 months



**For more info about this trainer,
scan this code with your smart phone or visit:**

24hourfitness.com/personaltraining

