

Jon J.



Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2006
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Traveling to mentor and further my education in the fitness industry
- Spending time with my wife and son
- Reading books on history
- Teaching group cycle and pilates



For more info about this trainer,
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24hourfitness.com/personaltraining