

# Josh A.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 20,000 +**

## Education & Certifications

- BA in Physical Education and Health from Eastern Oregon University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

Husband of one and father of four  
3xIronman Finisher, 13xHalf Ironman Finisher  
2013 Ironman 70.3 WC qualifier, 2014 USAT All American  
Competitor Magazine PNW trainer of the year 2014, 2015  
2008 Fitness Ambassador for the Beijing Olympics



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 961