

Jon J.

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Group X Instructor
Team Member Since: 2013
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Half Marathons
- Competed in US Army Combatives
- Avid Hiker
- Yoga Fit Certified



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

Club ID: 059

