

John B.



Fitness Manager
Team Member Since: 2006

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Love cooking and finding healthy new recipes for friends and clients
- Boxing, Muay Thai and hiking
- Playing guitar



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

Club ID: 065

