

JC F.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- Personal Trainer from Mueller College
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

- Martial Arts (boxing, kickboxing, Kung Fu)
- Mud runs
- Half marathons
- MMA
- Spending time with my family



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

24hourfitness.com/personaltraining

Club ID: 071

