

# 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](http://24hourfitness.com/personaltraining)**

**Club ID: 071**

