

Joe D.

Education & Certifications

- TRX Certified
- 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 Council on Strength and Fitness - Personal Trainer



Team Member Since: 2008

Hobbies and Achievements

- Football
- Soccer
- Country music
- Musical theater



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

Club ID: 095

