

Josh C.



Certified Personal Trainer
Master Trainer
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from California State University Long Beach
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Weekends with Monique and our pugs
- Playing sports at the beach
- Traveling
- Grilling



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

24hourfitness.com/personaltraining

Club ID: 097