

Alex V.



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

Education & Certifications

- BS in Kinesiology from James Madison University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Yoga, weightlifting, running, baseball, and basketball
- Division I collegiate baseball player
- Participated on the conference championship teams, 2008 & 2011
- All Tournament Team selection, 2011
- Strength coach of the 2012 National Champion cheer squad



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

Club ID: 158