

# 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,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 158