

# Naoto K.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2008**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS Degree in Biology Indiana University, South Bend
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Certified Health Fitness Specialist
- 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 Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

Cooking



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

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

Club ID: 184

