

# David J.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Martial Arts: Hapkido, Thai Kickboxing, Boxing, and Jiu-Jitsu
- Nutrition
- Reading



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

Club ID: 186

