

Pat G.



Certified Personal Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology Exercise Science from California Baptist University
- Teaching Credential in Physical Education from California Baptist University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Federation of Professional Trainers - Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Played college soccer
- Crossfit training
- Compete and train for triathlons and marathons
- Play any sport in a competitive setting
- Action sports: wake boarding, snowboarding, surfing



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

Club ID: 198