

# Brian J.



**Certified Personal Trainer**  
**Team Member Since: 2005**

## Education & Certifications

- BS in Psychology from Northern State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- National Pysique Committee 4th place Men's Masters 45+ March 2013
- Functional training
- Outdoor endurance training
- Recreational running
- TRX



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

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

Club ID: 204