

# John C.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Personal Training Institute of Colorado - Personal Training Certification

## Hobbies and Achievements

- Mixed Martial Arts
- Boxing
- Spending time with my 3 kids
- Enjoy hiking



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

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

Club ID: 205