

Gerdon K.

Education & Certifications

- BS in Exercise Science with a minor in Nutrition from Wayne State College
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®



**Certified Personal
Trainer**
Team Member Since:
2010

Hobbies and Achievements

- Outdoor activities
- All sports
- Nutrition and Strength and Conditioning



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

24hourfitness.com/personaltraining

Club ID: 345

