

# Keith J.

## Education & Certifications

- BS in Kinesiology from California State University Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist



**Team Member Since: 20001**  
**Sessions Serviced:10,000 +**

## Hobbies and Achievements

- Cycling
- Snowboarding
- Track and field



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 346

