

Garrett D.

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



Group X Instructor
Master Trainer
Certified Personal Trainer
Team Member Since: 2012
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Marathon/Ultra marathon runner
- Mountain biking
- Snowboarding
- INSANITY Instructor



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

24hourfitness.com/personaltraining

Club ID: 355

