

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

Club ID: 355

