

Nick P.



Certified Personal Trainer
Master Trainer
Team Member Since: 2001
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Dance Performance from Southern Methodist University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Federation of Professional Trainers - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Over 12 years of training experience
- Professional musician in the Dallas scene
- Self defense instructor at Hockaday School
- Yo-yo master



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 369