

# 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,  
scan this code with your smart phone or visit:

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

Club ID: 369