

# Roy J.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Sociology from Keene State College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Weight lifting
- Camping
- Hunting
- Fishing
- Hiking



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

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

Club ID: 372