

# Josh V.



**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- I love playing and staying active with my two sons
- Working out with my wife
- When I am not working out I enjoy watching my Kansas City sports.



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

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

Club ID: 430

