

David A.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Human Performance and Fitness from Northern State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

Mixed Martial Arts Pro Card
Collegiate Football Player
Olympic Lift Expert
Plyometrics
Sprint Mechanics



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

24hourfitness.com/personaltraining

Club ID: 433