

Justin T.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2000

Education & Certifications

- AED (Automated External Defibrillator)
- 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
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- ALC and Tough Mudder Participant
- Spinning
- Surfing
- Volleyball
- The Beach



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

24hourfitness.com/personaltraining

Club ID: 547

