

# Jose R.



**Certified Personal Trainer**  
**Team Member Since: 2005**  
**Sessions Serviced:2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Athletic sports
- Outdoor activities
- Martial Arts and boxing



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

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