

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