

# Brian Q.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Athletic Training from Linfield College
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

## Hobbies and Achievements

- Played college baseball
- Completed two half marathons
- Playing drums



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

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

Club ID: 562