

# Jon S.



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

## Education & Certifications

- BA in Political Science from Florida State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- Weight lifting
- Outdoor activities
- Team sports
- Reading about fitness and nutrition



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

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

Club ID: 627