

Joseph R.

Education & Certifications

- MA in English from University of South Alabama
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist



Certified Personal Trainer
Team Member Since: 2013

Hobbies and Achievements

- Muay thai
- Brazilian jiu-jitsu
- Working out
- Finding new and unique foods



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24hourfitness.com/personaltraining

Club ID: 660