

Thomas F.

Education & Certifications



- BA in Accounting from Penn State University
- AED (Automated External Defibrillator)
- Baylor Sports Medicine Institute - Professional Fitness Instructor
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Sports Nutrition Specialist Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Council on Strength and Fitness - Personal Trainer

Master Trainer
Team Member Since: 2000
Sessions Serviced: 2,000 +

Hobbies and Achievements

- Sports
- Coach little league



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

24hourfitness.com/personaltraining

Club ID: 660

