

Nathan G.



Certified Personal Trainer
Team Member Since: 2014

Education & Certifications

- BS in Kinesiology from San Francisco State University
- AED (Automated External Defibrillator)
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Strength Training
- Brazillian Jiu Jitsu
- 3rd place Jiu Jitsu By the Bay 2010
- Soccer



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24hourfitness.com/personaltraining

Club ID: 805