

# Kurt V.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- KETTLEBELL – Certified Kettlebell Instructor
- 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 Council on Strength and Fitness - Personal Trainer



**Master Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2005**  
**Sessions Serviced:5,000 +**

## Hobbies and Achievements

- Cycling
- Motorcycle road racing



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

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

Club ID: 809