

Jon A.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Gracie Jiu Jitsu Purple Belt
- Tough Mudder Finisher
- Baseball
- Hiking



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

24hourfitness.com/personaltraining

Club ID: 817

