

# Josh S.



**Certified Personal Trainer**  
**Team Member Since: 2007**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Psychology, Fine Arts from Georgetown University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Jogging
- Tennis
- Soccer
- Graphic Arts
- Painting and Drawing



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