

John M.

Education & Certifications

- BS in Applied Nutrition from Penn State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist



Certified Personal Trainer
Team Member Since: 2012

Hobbies and Achievements

- 2003 Group Trainer for Philadelphia 76ers
- 1998 Penn State Mckeessport Basketball Walk On
- 1996 P.A. West All Star Slam Dunk Contest Runner Up



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Club ID: 872

