

Jon W.



Team Member Since: 2006

Education & Certifications

- BS in Computer Information Systems from California State University Fullerton
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Tennis - NCAA Div. I Tennis at California State Fullerton
- Martial Arts
- Muay Thai
- Golf



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

24hourfitness.com/personaltraining

Club ID: 884

