

# Joshua S.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BS in kinesiology from Sacramento State
- AED (Automated External Defibrillator)
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Wrestling
- Olympic Weight Lifting
- Mountain Biking



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

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

Club ID: 887