

Xavier P.



Master Trainer
Group X Instructor
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 3 TIMES 1ST DIVISION SOCCER CHAMPIONS 2009-2010
- SOCCER COACH CREDENTIAL YOUTH 16 AND BELOW 2011
- USA BOXING COACHING CREDENTIAL 2012



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

24hourfitness.com/personaltraining