

Brian G.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Parisi Program Manager
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from Sonoma State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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
- 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

- I love Lake Tahoe. I snowboard in the winter and go to the beach in the summer.
- I golf year round and enjoy trying out new courses wherever I can.
- I have lived in Spain and Germany, and have worked at wineries in both countries.
- 2000 American Legion World Series Champions Right Fielder.



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 895