

Matthew G.



Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Criminal Justice & Psychology from St. Martins University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Spending time with wife and three children
- Serviced 20,000+ PT sessions since 2001
- Successfully trained NFL, college and Junior Olympia athletes
- Walk-on to University of Arizona baseball program
- All league baseball and basketball River Ridge HS



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

24hourfitness.com/personaltraining

Club ID: 957

