

Josh A.



Certified Personal Trainer
Master Trainer
Team Member Since: 2006
Sessions Serviced: 20,000 +

Education & Certifications

- BA in Physical Education and Health from Eastern Oregon University
- AED (Automated External Defibrillator)
- 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 Academy of Sports Medicine - Sports Fitness Specialist
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- National Strength and Conditioning Assoc. - Certified Personal Trainer

Hobbies and Achievements

Husband of one and father of four
3xIronman Finisher, 13xHalf Ironman Finisher
2013 Ironman 70.3 WC qualifier, 2014 USAT All American
Competitor Magazine PNW trainer of the year 2014, 2015
2008 Fitness Ambassador for the Beijing Olympics



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

24hourfitness.com/personaltraining

Club ID: 961