



**CERTIFIED PERSONAL TRAINER**

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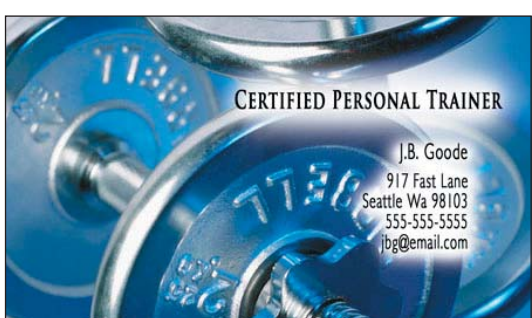
inspire  
motivate  
celebrate

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**Josh Knowles**  
Certified Personal Trainer  
NASM • AFAA • ACSM • ISSA

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