



John Sutter

John spent his childhood in Douglasville, Georgia up until his high school years, when he moved with his family to Sebastian, Florida. He is currently pursuing his Bachelor's degree in Human Performance and Sport with a concentration in Personal Training at Palm Beach Atlantic University. He aspires to obtain his personal training certification and a nutrition certification, as well as a Masters or doctoral degree in Physical Therapy and Athletic Training. His passion for fitness and helping others reach their goals is his motivation for continuing his education and his career path. John is a recreational powerlifter and bodybuilder in his spare time.

Education and Certifications

- B.S. Human Performance and Sport
- ACSM Personal Trainer
- Concentration in Personal Training
- CPR/BLS through the AHA

Specialties

Customer Service
Health and Wellness Promotion

Experience

3 years - Human Performance Laboratory Assistant at PBAU
3 months- Customer Service Associate at Youfit Health Clubs
1 month- Personal Training Internship at One Fitness
1 month- Personal Training Internship at Christi's Fitness

Email: jsutter@TownOfPalmBeach.com

