

OAKLAND ATHLETIC CLUB



Jon "Rip" Holmes

ACE, NASM

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OAC Personal Trainer Since: 2008

Bio: Personal Trainer with more than fifteen years of experience. Extensive training in sport specific developments, program design, and fitness assessments with all age groups. Former competitive bodybuilder.

Medical background: Registered Radiologic technologist with over fifteen years experience in computerized tomography, mobile imaging, general radiology, and nuclear medicine in both hospital and private practice settings.

Certification(s): American Council on Exercise (ACE) since 2003. National Academy of Sports Medicine (NASM) since 1991. Sports Fitness Specialist (NASM), Advanced Sport Fitness (NASM). First Aid and CPR - American Red Cross. American Registry of Radiological Technologist (ARRT). Member of American Society of Radiologic Technology.

Training Specialities: All areas of fitness including bodybuilding, sport specific training, post rehabilitation, and exercise for special populations which include diabetic, obese, auto immune disease and children.