

Josh Iungerich

Fitness Forum Trainer Since 2008

Josh is a native of Normal, Illinois and grew up in Southern California. After several injuries playing sports in high school, Josh decided it was time to become healthier. He began strength training at the age of 15 and has been involved in fitness ever since.

A motorcycle enthusiast, you will see Josh riding his bike rain or shine. He also enjoys hiking, reading, and of course, time in the gym.

A firm believer in the saying, "Health or Sickness, the Choice is Yours," Josh is eager to share his love of exercise with others.

Josh is an ISSA certified personal trainer.