

## **BRIAN THURSTON**

### **Experience/Bio:**

Brian Thurston has been involved in the health and fitness industry for over 25 years. Upon entering the commercial fitness industry in 1989, Brian held various titles including fitness instructor, fitness director and facility designer. Brian has been published in many fitness magazines including GQ, Orange Coast Magazine and the LA Times.

Before arriving to the Caughlin Club, Brian was a top performing Advantage Trainer for The Sports Club Company in Los Angeles. Brian achieved Master Trainer status in 2001 and his responsibilities included teaching and mentoring new trainers for The Sports Club Company at the Orange County, Beverly Hills and West Los Angeles locations. During his tenure as fitness manager, Brian managed a department of trainers that produce over 2 million dollars of training revenue per year. Brian was a Division III NCAA collegiate soccer player for Westfield State University in Westfield MA for four years. He was selected to the NCAA All New-England team for Division III his senior year at Westfield.

During his tenure with The Sports Club Company, Brian was selected to be part of the Leigh Steinberg Sports Agency in Orange County, California as part of a program to prepare top level collegiate quarterbacks for the annual NFL Combines. Additionally, Brian has been the exclusive trainer for Major League Baseball pitcher Mike McDougal of the Washington Nationals. As a result of his top performance, Brian was voted Trainer of the Year in 2006 at the Beverly Hills location.

### **Education:**

Brian is certified by the National Academy of Sports Medicine as a Certified Personal Trainer, CPT. Other certifications include Gray Cook's Functional Movement Screen Specialist (FMS) and Gregg Roskopf's Muscle Activation Technique (MAT) Jumpstart program and Level One TPI Golf Instructor from the Titleist Golf Institute in San Diego. Brian strives to continually educate himself by attending numerous workshops on a yearly basis. Brian is a graduate of Westfield State University and has a Bachelors Degree in Physical Education..