

# Jay T.



**Certified Personal Trainer  
Team Member Since: 2013**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- 3 yrs. Balanced Body Pilates Instructor, Mat 1, 2
- 3 yrs. Balanced Body Pilates Instructor, Reformer 1, 2, 3
- Core Fitness Roller, Pilates Instructor
- Core Fitness Roller, Foundations Instructor
- Emergency Medical Technician



**For more info about this trainer,  
scan this code with your smart phone or visit:**

**[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)**

**Club ID: 024**

