

# Jarrood M.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Psychology from San Francisco State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- San Diego CIF wrestling champion
- Snowboarding
- Auto/moto enthusiast



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)