

# Jack S.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2004**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Theater Arts- Acting and Directing from Southern Utah University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Life Changer of the Year in Vegas - 2008
- Basketball and Volleyball
- Acting and Directing
- Woodworking



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

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