

# Jake M.



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

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Certified Mixed Martial Arts Conditioning Coach
- 2-Time Water Polo All American-MVHS
- 1-Time Swimming All American-MVHS
- Mixed Martial Arts-3.5 Years Experience
- Surfing-19 Years Experience



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

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

Club ID: 177