

Jason R.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

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

Hobbies and Achievements

- Mens Physique Competitor
- Cycling
- Hiking
- Ocean Kayaking
- Salsa Dancing



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

24hourfitness.com/personaltraining

Club ID: 184