

Jason L.



Assistant Fitness Manager
Certified Personal Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from California State Fullerton
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Basketball
- Running and cycling outdoors
- Swimming



For more info about this trainer,
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24hourfitness.com/personaltraining