

# Jeff P.



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

## Education & Certifications

- BA in Communications from California State University Sacramento
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- 2008 800 meter Big Sky champion (indoor & outdoor)
- 2008 NCAA All-American All-Academic team
- 1:49 half mile & 4:07 mile time (2009)



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

Club ID: 186