

# Jason R.



**Master Trainer**  
**Team Member Since: 2008**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Federation of Professional Trainers - Personal Trainer

## Hobbies and Achievements

- BMX bike racing
- Working out



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

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

Club ID: 211