

Jason L.



Certified Personal Trainer
Master Trainer
Team Member Since: 2002
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Kinesiology from Stephen F. Austin University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- I enjoy playing basketball/baseball with my son
- I played football at SFA
- I have run the White Rock half marathon.



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

24hourfitness.com/personaltraining

Club ID: 212

