

# Jered C.



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

## **Education & Certifications**

- BS in Kinesiology from Sam Houston State University
- AED (Automated External Defibrillator)
- CPR Certification

## **Hobbies and Achievements**

- 2004-2008 Member of Sam Houston Rugby Team
- 2011-2012 Fitness Director of Powerhouse Gym



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 301

