

Roger J.



Master Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from Sam Houston State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Family
- Fitness
- Sports



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