

James B.



Master Trainer
Team Member Since: 2006
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Computer Engineering Technology from Prairie View A & M
- 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 Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Fishing
- Working out
- Watching movies
- Playing golf
- NASM Golf Fitness Specialist



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 334

