## Jerome Y.



Certified Personal Trainer Team Member Since: 1998

## **Education & Certifications**

- BS in Kinesiology Sports Performance from Dallas Baptist 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**

- US Navy Veteran
- Former Collegiate Football Player (Grossmont College)
- Coach Football, Basketball, Track & Field



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