

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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