

James R.



Team Member Since: 2001

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Master Fitness Specialist
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Kickboxing



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

Club ID: 393

