

James M.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2006

Education & Certifications

- BA in Social Sciences from Washington State University
- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer 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

- Athletics
- Motorcycles
- Traveling



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

