

# 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



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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 411

