

Jay W.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Cycling
- Spending time with my kids
- Being outdoors



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