

Jason M.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- BS in Information Services from University of Houston
- AED (Automated External Defibrillator)
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- Professional Fitness Instructor Training - Rehabilitative Exercise Specialist

Hobbies and Achievements

- Collegiate Athlete UTEP 97-99
- 2 Houston, TX Marathons
- 2 150mi bike fundraisers for MS (MS150)
- Cyclistics Group Cycling Specialist
- Fluent Spanish



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

Club ID: 490