

# Jason J.



**Master Trainer**  
**Team Member Since: 2006**

## Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Eastern philosophy
- Jazz
- Yoga
- Tai Chi



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