

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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