

# Jeff M.



**Fitness Manager**  
**Team Member Since: 1996**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Fitness Management from University of Nevada
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist

## Hobbies and Achievements

- Golfing, fishing, hiking, camping
- Collegiate baseball player
- Sports - baseball and football
- Weight training
- Traveling, cruises
- Spending time with family and friends



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