

Jeff J.



Education & Certifications

- BS in Communications and PR from California State University Sacramento
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

visit:

Hobbies and Achievements

- Working out
- Movies
- Football
- Changing Lives Through Fitness

Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2001
Sessions Serviced: 10,000 +

