

Jeff V.

Education & Certifications

- BA in Journalism and Mass Communications from University of Northern Colorado
- BA in Sociology-Africana Studies from University of Northern Colorado
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2011

Hobbies and Achievements

- Division 1 Track and Field Independent All-American
- Division 1 Football athlete
- Olympic & Power Based Lifts
- Plyometric Based Sports Performance



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 956

