

Jim F.

Education & Certifications

- Over 2,000 Group X hours taught
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist



Team Member Since: 2008

Hobbies and Achievements

- Bodybuilding
- Endurance swimming
- Motorcycle riding and repair



**For more info about this trainer,
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24hourfitness.com/personaltraining