

# Jay P.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AS as a Respiratory Care Practitioner from ?
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- EMT IV Paramedic
- Advanced Life Support Certification
- National Body Building Champion - 2008
- National record holder in senior-masters deadlift - 500 lbs
- Animal activist for the human and ethical treatment of animals



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

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

Club ID: 562