

# Jesse G.



**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Criminology from Florida State University
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- High Intensity Interval Training
- Battle Rope Training
- Scuba Diving
- Muay Thai



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

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