

# Jaret H.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BS in Exercise Science from Adelphi University
- American College of Sports Medicine - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Marathons
- Building speed, agility and quickness
- Baseball and basketball
- Cooking



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