

Jared L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Exercise Sport Sciences from Texas Tech University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Working out
- Football
- Wake boarding



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

24hourfitness.com/personaltraining

Club ID: 656