

Jessi R.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2011

Education & Certifications

- BS in Business and Marketing
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- US Navy Master At Arms Military Police
- Family time
- Healthy cooking
- Outdoor activities



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

24hourfitness.com/personaltraining

Club ID: 660

