

Jose V.



Master Trainer
Fitness Manager
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Fitness and Human Performance, Pre Physical Therapy from University of Houston, Clear Lake
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Weight training
- Playing sport
- Long distance running



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