

James G.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Health and Kinesiology from University of Texas - Tyler
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Houston Marathon Finisher 2010, 2011
- Playing Guitar
- Soccer



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 676

