

# Jeff B.



**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Master Fitness Specialist
- Cooper Institute - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Meeting new people
- Music
- Sports



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)