

Cedric J.



Certified Personal Trainer
Team Member Since: 2010
Sessions Serviced: 2,000 +

Education & Certifications

- BS in Kinesiology from Midwestern State University
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- 4 years of college football from 2004-2008
- Currently play for football, basketball, and softball leagues
- Assist in Group X classes
- Works out faithfully



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