

Jared B.



Certified Personal Trainer
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- BS Degree in Nutrition and Exercise Science from Queens College
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Strength and Conditioning
- Adventure Racing
- Flag Football



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

24hourfitness.com/personaltraining