

# 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](http://24hourfitness.com/personaltraining)

Club ID: 727

