## Jason S.



Master Trainer
Assistant Fitness Manager
Certified Personal Trainer
Team Member Since: 2010
Sessions Serviced: 2.000 +

## **Education & Certifications**

- BS in Recreation/ Fitness Management from Lock Haven Univeristy of PA
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL Certified Kettlebell Instructor
- National Academy of Sports Medicine Certified Personal Trainer
- TRX Suspension Training Certified TRX Instructor

## **Hobbies and Achievements**

 Kettlebell Sport, Current competitor Boxing, former Collegiate Boxer Running Swimming and Diving



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

24hourfitness.com/personaltraining

