

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 University 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



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