

# Jay M.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Liberal Studies from Florida International University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Boxing
- Meditation
- Yoga



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)