

# Jeff G.



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Business - Marketing from USF and University of Wisconsin - Milwaukee
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Baseball and Coaching
- Hiking and Biking
- Paddleboard
- Metabolic Conditioning
- Strength Training



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