

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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24hourfitness.com/personaltraining

Club ID: 811