

Jess R.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- BS in Kinesiology from University of Central Arkansas
- BS in Physical Education from University of Central Arkansas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Football, Baseball, & Basketball
- Canoeing, & Kayaking
- Hunting, Fishing, & Camping
- Two Stepping



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

24hourfitness.com/personaltraining