

Jerel S.



Certified Personal Trainer
Team Member Since: 2011

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Football, basketball, baseball, tennis
- Active living and healthy nutrition
- Family, friends and happiness



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

24hourfitness.com/personaltraining