

James A.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Long distance cycling- 2 years experience
- Football- Tesoro High School (2 Time CIF League Champion)
- Track & Field- Tesoro High School
- Marathon running- 2 marathons



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

24hourfitness.com/personaltraining

Club ID: 884