

Jesse T.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Psychology from Suffolk University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Surfing
- Yoga
- Healthy cooking
- Hiking
- Spending time outdoors



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24hourfitness.com/personaltraining

Club ID: 888