

Jason G.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AD in Fitness Specialist from Orange Coast College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Coaching track and field at OCC and Vanguard University
- 2yrs. Team captain for Track and field at OCC
- 4yrs football at Sultana High School



For more info about this trainer,
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24hourfitness.com/personaltraining