

Jeff G.



**Certified Personal Trainer
Team Member Since: 2013**

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

Hobbies and Achievements

- Surfing 25 years
- Snowboarding 20 years
- Waterskiing 30 years
- Jiu Jitsu 2 years
- Football San Diego Mesa 2 years



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