

# Jared L.



**Master Trainer**  
**Team Member Since: 2009**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Golf
- Snow Skiing
- Billiards
- Music



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