

# Jeremy F.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Playing basketball and golf
- Watching Seinfeld
- Games and trivia nights with friends



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)