

Jamie B.



Master Trainer
Team Member Since: 2006

Education & Certifications

- BA in Communications from Chapman University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Competing in triathlons
- Educating others in fitness



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

Club ID: 024

