

Jay T.



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

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- 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

- 3 yrs. Balanced Body Pilates Instructor, Mat 1, 2
- 3 yrs. Balanced Body Pilates Instructor, Reformer 1, 2, 3
- Core Fitness Roller, Pilates Instructor
- Core Fitness Roller, Foundations Instructor
- Emergency Medical Technician



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24hourfitness.com/personaltraining

Club ID: 024