

Jamie G.



Team Member Since: 1999

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
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Competitive Bodybuilding
- Nutrition
- Travel



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24hourfitness.com/personaltraining

Club ID: 060

