

Jarrood M.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Psychology from San Francisco State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- San Diego CIF wrestling champion
- Snowboarding
- Auto/moto enthusiast



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

24hourfitness.com/personaltraining

Club ID: 103