

Jeff M.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Exercise Science from UC Davis
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Running
- Road and mountain biking
- Disc golf
- Ultimate frisbee
- Volleyball



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

24hourfitness.com/personaltraining

Club ID: 181