

# Jason L.



**Assistant Fitness Manager**  
**Certified Personal Trainer**  
**Team Member Since: 2007**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from California State Fullerton
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Basketball
- Running and cycling outdoors
- Swimming



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)