

# Jason L.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2002**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS in Kinesiology from Stephen F. Austin University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- I enjoy playing basketball/baseball with my son
- I played football at SFA
- I have run the White Rock half marathon.



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

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

Club ID: 212

