

Roger J.



Certified Personal Trainer
Master Trainer
Team Member Since: 2007
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from Sam Houston State University
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer
- National Federation of Professional Trainers - Personal Trainer

Hobbies and Achievements

- Family
- Fitness
- Fun



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

24hourfitness.com/personaltraining

Club ID: 304

