

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

Club ID: 304

