

# James B.



**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Computer Engineering Technology from Prairie View A & M
- 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 Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Fishing
- Working out
- Watching movies
- Playing golf
- NASM Golf Fitness Specialist



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

Club ID: 334

