

# Jerome Y.



**Certified Personal Trainer**  
**Team Member Since: 1998**

## Education & Certifications

- BS in Kinesiology - Sports Performance from Dallas Baptist University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- US Navy Veteran
- Former Collegiate Football Player (Grossmont College)
- Coach - Football, Basketball, Track & Field



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 354

