

# Jeffrey J.



**Certified Personal Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Personal Training Institute of Colorado - Personal Training Certification

## Hobbies and Achievements

- Enter Interests and Achievements here.



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

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

Club ID: 355

