

James M.



Certified Personal Trainer
Fitness Manager
Team Member Since: 2006

Education & Certifications

- BA in Social Sciences from Washington State University
- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer 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

- Athletics
- Motorcycles
- Traveling



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

24hourfitness.com/personaltraining

Club ID: 411

