

Jesse S.

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Strength and Conditioning Assoc. - Certified Personal Trainer



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced:2,000 +

Hobbies and Achievements

Weight lifting and working out
Spending time with my wife and 4 dogs
Watching movies and eating good food
Reading



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

24hourfitness.com/personaltraining

Club ID: 412

