

Jay M.

Education & Certifications



- BA in Sports Medicine from Kansas Wesleyan University
MS in Kinesiology from University of Texas at Tyler
- 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
 - National Academy of Sports Medicine - Sports Fitness Specialist
 - National Athletic Trainers Association - Athletic Trainer Credential

Team Member Since: 2004
Sessions Serviced: 10,000 +

Hobbies and Achievements

Home Improvement
Throwing the discus
Watching cartoons with my kids
Painting/ Writing



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24hourfitness.com/personaltraining

Club ID: 432