

Jeff S.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Fitness Professionals Association - Personal Fitness Trainer Certification

Hobbies and Achievements

- Weight Lifting and Functional Training
- Graphic Design
- Healthy Cooking
- Spending Time with Family
- Hiking



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 544