

# James F.

## Education & Certifications

- Science, Concentration in Fitness from Seminole County Community College
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Certified Personal Trainer



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Hobbies and Achievements

- Taekwondo 4-time Junior Olympic Champion and National Champion



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