

Jim F.



Certified Personal Trainer
Master Trainer
Group X Instructor
Team Member Since: 2001
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Criminal Justice from Mesa State College
- AED (Automated External Defibrillator)
- 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

Hobbies and Achievements

US Masters Swimming certified swim coach
Participating in triathlon events
Racing in cycling events
Hiking and camping
Model railroading



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

Club ID: 553

