

# Jayme S.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer



**Master Trainer**  
Team Member Since: 2007

## Hobbies and Achievements

- Meteorology
- Running
- Reading
- Motorcycle riding
- Church



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

Club ID: 657

