

# Cedric J.



**Certified Personal Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Kinesiology from Midwestern State University
- bodybugg® Calorie Management System Certification
- CPR Certification

## Hobbies and Achievements

- 4 years of college football from 2004-2008
- Currently play for football, basketball, and softball leagues
- Assist in Group X classes
- Works out faithfully



For more info about this trainer,  
scan this code with your smart phone or visit:

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

Club ID: 687

