

# Jeff C.

## Education & Certifications

- BS in Kinesiology from Missouri Valley
- BS in Sports Management from Missouri Valley
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Olympic Wrestler 2004 Athens
- Basketball
- Weight Training



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

Club ID: 809

