

# James B.



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

## Education & Certifications

- BS in Criminal Justice from CSU Sacramento
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Basketball
- Snowboarding
- High School Football- All Northern California 2nd Team
- Rugby College All American Honorable Mention



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

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

Club ID: 812

