

James Y.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BA in Computer Graphics from Cogswell College
- 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

Hobbies and Achievements

- Volleyball
- Softball
- Rock Climbing
- Snowboarding
- Mountain Biking



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

24hourfitness.com/personaltraining

Club ID: 813