

Jeremy H.



Master Trainer
Team Member Since: 2008
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Business Management from University of Michigan
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Muay Thai
- Brazilian Jiu Jitsu
- Basketball
- Golf



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 870

