

# Jared A.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Sociology from University of Maryland, College Park
- Masters in Business Administration from University of Phoenix
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Downhill Mountain Biking
- Snowboarding
- Hiking
- Crossfit



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 886