

Jared L.



Master Trainer
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Golf
- Snow Skiing
- Billiards
- Music



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

Club ID: 957

