PERSONAL TRAINER

JORDAN HAGAR

EDUCATION/CERTIFICATIONS

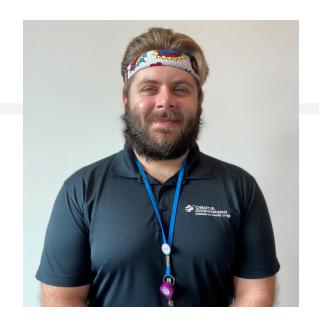
Bachelor Science in Kinesiology- UNT

National Academy of Sports Medicine –Certified Personal Trainer

Insanity Live® by BeachBody

Core de Force Live® by BeachBody

CPR/AED Certified



SPECIALTY TRAINING

Small Group Training

Circuit Training

