

JT TIMMS

Personal Trainer

EDUCATION & CERTIFICATION

- Bachelors of Science in Business and Physical Education

Certifications:

- NASM - Certified Personal Trainer
- CPR/AED Certified
- ServSafe

ACHIEVEMENTS:

- Semi-Pro Basketball Player for Hoops Australia
- All Conference Basketball Player for Eastern Oregon University

HOBBIES/SPECIALITIES:

- Church
- Core Training
- Resistance Training
- Sports

PHILOSOPHY

- Love God and love people.
- Always put your family first.

