

# Rebecca I.



**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- 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

- Triple Crown half marathon finisher 2012
- SheRox Triathlon in 2012
- Ran two half marathons in 2011
- Full marathon 2009
- Achieved personal weight loss of 55lbs in 2006
- Nutrition for weight loss and a healthy lifestyle



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)