

# Jenny S.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Federation of Professional Trainers - Personal Trainer



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Hobbies and Achievements

- Overcame deep vein thrombosis and pulmonary embolisms
- Have had a 24HF trainer for over 300 sessions
- Adventure junkie of nearly 20 countries



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

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

Club ID: 059

