

# Traci J.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Biology from University of Utah
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- NPC Figure Competitor, 2008-2013
- Stand up paddle boarding
- Working out
- Family



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