

Veronica P.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- Positive thinking
- Healthy (and creatively delicious!) cooking
- Swimming and water instruction (16 years competitive swimming)
- Endurance competitions (marathons, triathlons, mud races, centuries)
- Hiking, rock climbing, kayaking, and outdoor adventuring



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

24hourfitness.com/personaltraining

Club ID: 073

