

# Jessica M.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2005**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Spending Time With Family
- Instructing Group X Classes
- Swimming
- Working Out



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

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