

Amanda E.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- BA in Exercise Science from Old Dominion University
- AED (Automated External Defibrillator)
- Aerobics and Fitness Association of America - Advanced Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Avid fruit and vegetable juicer
- Health food blogger
- Vegan-wanna-be but cannot give up meat
- They call me: Mom, Gym-Rat, and Bikini Competitor
- I am dedicated to living life to the fullest



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24hourfitness.com/personaltraining