

# Rebecca P.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 1997**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- Aerobics and Fitness Association of America - Advanced Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- NPC Competitor - Figure and Bikini
- Completed the Rosarito Ensenada 50 mile bike ride
- Competes in 5K, 10K, and 12K races annually
- Road cycling
- Surfing
- Preferred training is high-intensity, cardio based bodybuilding with mixed core



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

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