

Jenna F.



Team Member Since: 2011

Education & Certifications

- BA in Communications from San Diego State University
- 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 - Performance Enhancement Specialist

Hobbies and Achievements

- Snowboarding
- Hiking
- Wakeboarding
- High Intensity Interval Training
- Strength training



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

24hourfitness.com/personaltraining