

# Janet S.



Team Member Since: 1995

## Education & Certifications

- TRX Certified
- 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

- Reflexology
- Quantum physics
- Traveling
- Being outdoors



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

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

Club ID: 095

