

Amanda F.



Team Member Since: 2006

Education & Certifications

- BA in Psychology from University of Wisconsin, Madison
- 24 Hour Fitness - Certified Personal Trainer
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Has helped many clients lose 50 lbs or more.
- Teaches our Silver Sneakers classes- Monday, Wednesday, & Friday
- Regularly goes on 30+ mile hikes.



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

24hourfitness.com/personaltraining

Club ID: 103

