

# 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](http://24hourfitness.com/personaltraining)