

Caroline J.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Finance from University of Louisville
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Paddleboard
- Surf
- Hiking
- Biking
- Amateur NPC Bikini Competitor
- In process of completing my NESTA Fitness Nutrition Certification



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 111