

# Julie E.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- BS in Nutrition from University of Colorado, Colorado Springs
- BS in Sports Conditioning and Training from University of Colorado, Colorado Springs
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- I love to play basketball
- I have hiked 15 - 14ers
- I like to snowboard
- I like to mountain bike
- I love to play ultimate frisbee



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 140