

Teala T.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Massage Therapist from CalCopa
- Weight Training
- Yoga
- PiYo
- Swimming
- Dancing
- Gardening
- Healthy Cooking



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

24hourfitness.com/personaltraining