

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

Club ID: 143