

Amber N.



Master Trainer
Team Member Since: 2004
Sessions Serviced: 10,000 +

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Hiking
- Movies
- Spending time with family



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

24hourfitness.com/personaltraining