

# Dagmar C.



**Team Member Since: 2008**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AA in Dance/Theatre from California Institute of Performing Arts
- AA in Sports and Science Theory California Institute of Performing Arts
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Dancing and singing
- Volunteer work
- Movies and music



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)