

Monique C.



Certified Personal Trainer
Team Member Since: 2011
Sessions Serviced:15,000 +

Education & Certifications

- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Successfully lost 80 pounds
- Currently pursuing degree in Kinesiology
- Passion for helping people



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

24hourfitness.com/personaltraining

Club ID: 183

