

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