

Alyson G.



Master Trainer
Team Member Since: 2012

Education & Certifications

- BS in Kinesiology from California State University, Santa Barbara
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Staff Sergeant USMC 2003-2009
- Competed in 3 Marathons and 5 Half Marathons
- Hiking & volleyball
- Cross country enthusiast
- Loves to cook



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