

Esther J.



Team Member Since: 2002

Education & Certifications

- BA in Tourism from The Hague, The Netherlands
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer 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

- Running
- Nutrition
- Yoga
- Holistic approach to being healthy



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

24hourfitness.com/personaltraining

Club ID: 191