

# Gelissa C.



**Certified Personal Trainer**  
**Group X Instructor**  
**TC24 Coach**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Sandbell Certification
- Gymnastics - 15 years
- Competitive Cheerleading - 15 years
- Weight / Circuit Training



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

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

Club ID: 195

