

Jessica L.



Master Trainer
Team Member Since: 2013
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Biology from University of Texas at Austin
- BA in Spanish Literature from University of Texas at Austin
- AED (Automated External Defibrillator)
- CPR 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

- Dancing
- Swimming
- Basketball
- Biology and animal behavior
- Cooking



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24hourfitness.com/personaltraining

Club ID: 202

