

# Lindsey J.

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Fitness Manager**  
**Team Member Since: 2008**

## Hobbies and Achievements

- Youth, senior and extreme weight loss clientele
- Functional training
- 5Ks and charity events
- Adventures and shenanigans



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

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

