

Lindsey J.



Fitness Manager
Team Member Since: 2008

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

Hobbies and Achievements

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



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24hourfitness.com/personaltraining