

Constance L.

Education & Certifications

- BA in Psychology from University of Missouri-St. Louis
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Hobbies and Achievements

- Enter Interests and Achievements here.



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

24hourfitness.com/personaltraining

Club ID: 212

