

# Jessica P.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology from Lone Star College
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Working out
- Spending time with my friends
- Trying new things
- Meeting new people
- Music



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