

# Carley A.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2011**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Sports-Medicine from Pepperdine University
- MS in Health Management from Lindenwood University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Finisher 7 marathons 2005-2015 PR 4:55
- USPTA Tennis Professional 1990
- Disabled Fitness Certification 1994
- Prenatal Yoga Certification 1993
- 200Hour Yoga Alliance certification 2015



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

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

Club ID: 338