

# Kelly G.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2012**

## Education & Certifications

- BS in Mass Communication from Sam Houston State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

## Hobbies and Achievements

- More than 300 hours of Yoga Teacher training
- Silver Sneakers certified in Muscle Strength-Range of Motion and Cardio



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)