

Jessica D.



Certified Personal Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2010
Sessions Serviced:2,000 +

Education & Certifications

- BA in Health Promotion with a Minor in Psychology from the University of Iowa
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Swimming
- Weight training
- Playing wiffle Ball



For more info about this trainer,
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24hourfitness.com/personaltraining