

Nicola G.



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

Education & Certifications

- BS in Business Administration from Chicago State University
- MS in I.T. Project Management from DePaul University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Kick boxing certified
- Jumping rope
- Mud and obstacle races
- Womens physique



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

24hourfitness.com/personaltraining

Club ID: 354

