

Liz J.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Health and Wellness from Buffalo State
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Fitness Professionals and Associates - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- 2012 Aqua-thon World Championship Qualifier
- 06-07 US L-Soccer League Rochester Rhinos
- Collegiate Athlete- Soccer/Track & Field
- 06 SUNYA C- Field Athlete of the Year
- Youth Fitness Director - JCC of Greater Rochester



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24hourfitness.com/personaltraining