

# 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



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

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

Club ID: 413

