

# Jeana C.

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**

## Hobbies and Achievements

- Enjoy running in various 5K races around Seattle



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

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

Club ID: 419

