

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



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24hourfitness.com/personaltraining