

# Joy F.



**Master Trainer**  
**Team Member Since: 2007**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Downhill skiing
- Dragon boat racing



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

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