

Audrey G.



Group X Instructor
Team Member Since: 2009

Education & Certifications

- BA in Anthropology from Beloit
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Holistic Health
- Survival Skills
- World Dance & Music
- Whole food Nutrition
- Yoga and Dance
- Organic Cooking
- Parkour



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