

# Nana G.

## Education & Certifications

- AED (Automated External Defibrillator)
- 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
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer



**Certified Personal Trainer**  
**Master Trainer**  
**Assistant Fitness Manager**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Hobbies and Achievements

- Spending time with my family
- Football
- Basketball
- Cooking



For more info about this trainer,  
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[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)