

# Natalie C.



**Certified Personal Trainer  
Group X Instructor  
Assistant Fitness Manager  
Team Member Since: 2011**

## Education & Certifications

- BA in History from UCLA
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Marathon Running
- Pole Fitness Competitions
- Watching the San Francisco Giants
- Travelling and Being a Tourist
- Reading Athletic Autobiographies



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

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

Club ID: 502