

# Jessica F.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- My favorite physical activity is trail running. I love being active outdoors.
- I participate in as many mud runs challenges as I can, purely for fun!
- I find joy in cooking, and especially love when I get to cook for others.
- Dancing brings out the inner child in me and is my way of de-stressing.
- NCS and HAAL League Womens Wrestling Champion 2004 and 2005



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

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

Club ID: 836