

Eliana C.



Certified Personal Trainer
Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- BA in English from California State University, Fresno
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Running - 5K, 190K, 13.1M, Mud Runs
- Cooking
- Voracious Reader
- Training for a Triathlon
- Learning to Surf



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

24hourfitness.com/personaltraining

Club ID: 517