

# 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



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