

Jackie N.



Master Trainer
Team Member Since: 1997
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Exercise Science from Montana State
- MS in Kinesiology from CSU Sacramento
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Masters National Champ - Shotput, Discus, Javelin, Hammer Throw
- Textile Arts
- Travel



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