

# Cheynah F.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Kinesiology from University of Nevada Las Vegas
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- Church
- Spending time with family
- Hiking
- Going to the beach



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

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