

PaulaJo B.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist

Hobbies and Achievements

- CrossFit - Level 1 Certified
- Working Out
- Kayaking



For more info about this trainer,
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