

# Jessica R.



**Certified Personal Trainer**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Liberal Studies from California State University San Diego State
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Working out
- Raising two boys
- Wake boarding



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

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