

Connie J.



Master Trainer
Team Member Since: 2002

Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- 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 Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- Baseball cards
- Family
- Friends
- Running
- Yoga- 200 hours



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

24hourfitness.com/personaltraining