

# 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



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