

# Ashlie P.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Exercise Science from Florida State University
- BA in Biology from Florida State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Captain of the FSU Womens wrestling team/club
- Vice President of the FSU wrestling team/club
- 3X All American Wrestler in the NCWA National Championships
- 3X National Title Placer in the NCWA National Championships
- Completed multiple 5Ks, half marathons, and full marathons



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

Club ID: 632