

# Gina J.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**TC24 Coach**  
**Team Member Since: 1999**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Drama from North Texas State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Health Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Les Mills Certified Instructor ( various formats).
- Dallas, Boston and New York marathon finisher.



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

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

Club ID: 653

