

# Gina J.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2008**

## Education & Certifications

- BA in Theatre and Health from North Texas State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Personal Trainer 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

## Hobbies and Achievements

- Running
- Instructing group fitness classes
- Studying the latest fitness research



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