

# Jessi R.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Working out
- Spending time with family and friends
- Outdoor activities
- Karaoke



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

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