

# Natalie N.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Assistant Fitness Manager**  
**Team Member Since: 2011**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BA in Office Administration from DeKalb College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Weight Loss Specialist
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

24 Hour Fitness Change a Life National Award Winner, 2015  
Group Exercise Instructor of the Month, Jan 2015 and Oct 2013  
Cancer Exercise Specialist  
BodyPump, Cycle and Boot Camp Group Exercise Instructor  
Nutritionist



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

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

Club ID: 660

