

Denise G.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Psychology from Oklahoma Christian University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- CrossFit Level 1 Trainer



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