

# Jeanie R.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2008**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- 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 - Performance Enhancement Specialist

## Hobbies and Achievements

- Love to lift weights
- Figure Competitor 2013/2014
- Les Mills Body Combat Instructor 2014
- Completed numerous 1/2 & full marathons; 4 1/2 Ironman Competitions



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