

Jenn A.



Certified Personal Trainer
Master Trainer
Team Member Since: 2001
Sessions Serviced: 10,000 +

Education & Certifications

- BA in Economics, Minor in Sociology from University of California, Santa Cruz
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Yoga
- Pilates
- Dancing
- Skiing
- Hiking



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