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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