

Monika J.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Hiking
- Stand Up Jet Skiing
- Snowboarding
- Weight Training
- Spending Time with my Family



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 809