

# Carol I.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- AS in Business from San Diego Mesa Jr. College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Hike County Parks
- Mountain Biking
- Volunteer for Habitat for Humanity



For more info about this trainer,  
scan this code with your smart phone or visit:

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 810