

Cynthia B.



Certified Personal Trainer
Team Member Since: 2008

Education & Certifications

- BS in Exercise Physiology from Drexel University
- BS in Nutrition from Indiana University of Pennsylvania
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- International Sports Sciences Assoc. - Fitness Therapy Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Skiing
- Salsa dancing
- Kick boxing



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24hourfitness.com/personaltraining