

Patty E.



**Certified Personal Trainer
Team Member Since: 2012**

Education & Certifications

- AED (Automated External Defibrillator)
- Cooper Institute - Biomechanics of Resistance Training
- Cooper Institute - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Field Hockey
- Mountain Biking
- Hiking



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