

# Janice M.



**Master Trainer**  
**Fitness Manager**  
**Team Member Since: 2008**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Bikini Fitness Competitor
- Wakeboarding
- Snowboarding
- Ballet



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

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

Club ID: 871

