

# Janice M.



## 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

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

