

Veronica G.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- A.A Exercise Science from Southwestern Community College
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Soccer Experience: 15 years
- 5K Running Experience: 5 years
- High School Mile Record: 5:07 (2005)
- Healthy Cooking
- Learning about Fitness & Nutrition



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24hourfitness.com/personaltraining