

# Ashley S.



**Team Member Since: 2007**

## Education & Certifications

- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist

## Hobbies and Achievements

- teaching group exercise classes at 24 Hour Fitness
- working out
- being outdoors and water sports
- snow boarding
- wake boarding



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

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

Club ID: 878

