

Yvette C.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2009
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Elite Personal Trainer, 2013
- Certified Silver Sneaker Inst., sr. fitness grp
- Aqua Aerobics Instructor
- Step & Tone Instructor
- Computer Graphic Designer



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24hourfitness.com/personaltraining