

Yvette C.



Certified Personal Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2009
Sessions Serviced: 5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- 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
- Lifeguard Certified, Red Cross
- Pool Instructor, Water Fitness Trainer
- Senior Fitness Instructor, Silver Sneakers
- Step and Strength Instructor, Group X



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

24hourfitness.com/personaltraining

Club ID: 878

