

# Nicole E.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2004**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Teaching Spin
- Boot Camps
- Bowling
- Sprint triathlons



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