

# Janelle R.



**Certified Personal Trainer  
Team Member Since: 2010**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Personal Training Institute of Colorado - Personal Training Certification

## Hobbies and Achievements

- Dance
- Cheer
- Eating Clean
- Lifting
- Hanging out with my friends and family



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

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