

# Amanda A.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Fitness Manager**  
**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 Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- NPC bikini competitor ( 2009-2010)
- Currently studying holistic nutrition
- Hiking
- Skydiving
- Workout and laugh



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

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