

# Sonia C.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**

## Education & Certifications

- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- GX instructor - Bodyump, Cycle, Boot Camp, Step
- Marathoner
- Gardening



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

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