

Grace F.



Master Trainer
Group X Instructor
Team Member Since: 2004

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Basketball - 6 years
- Volleyball - 5 years
- Jazz/tap/ballet/hip-hop dancer - 12 years
- Aqua Aerobics Instructor



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

24hourfitness.com/personaltraining