

Jenny S.

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
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2011

Hobbies and Achievements

- CrossFit Level 1 Trainer
- Schwinn Spin Certification



For more info about this trainer,
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24hourfitness.com/personaltraining