

Emily C.

Education & Certifications

- BA in Acting from University of The Arts
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Hobbies and Achievements

- Cycling, Schwinn Certified
- Weight Lifting
- Circuit Training
- Hiking
- Cooking



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

Club ID: 059