

Rachel J.



**Certified Personal Trainer
Team Member Since: 2013**

Education & Certifications

- BA in Psychology from Indiana University
- MA in Expressive Therapy from Lesley University
- AED (Automated External Defibrillator)
- American Council on Exercise - Lifestyle and Weight Management Coach
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Former Booty Camp TRX Instructor
- Former Stott Pilates Instructor
- Stott Injuries and Special Populations Certification
- Enjoys water sports and free diving



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Club ID: 094