

# Nasira B.



**Certified Personal Trainer**  
**Team Member Since: 2010**

## Education & Certifications

- BA in Dance from University of Arizona
- BS in Nutritional Science from University of Arizona
- MA in Public Health from University of California, Los Angeles
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Sports Fitness Specialist

## Hobbies and Achievements

- Classical ballet
- Competitive swimming
- Gardening
- Cooking and baking
- The beach



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

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