

# Catherine D.



**Team Member Since: 2003**

## Education & Certifications

- Over 6,000 + sessions serviced
- 24 Hour Fitness - Certified Personal Trainer
- American College of Sports Medicine - Personal Trainer Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Avid dancer specializing in ballet & gymnastics



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

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

Club ID: 143

