

Dagmar C.



Team Member Since: 2008
Sessions Serviced: 2,000 +

Education & Certifications

- AA in Dance/Theatre from California Institute of Performing Arts
- AA in Sports and Science Theory California Institute of Performing Arts
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Dancing and singing
- Volunteer work
- Movies and music



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

Club ID: 170

