

# Ellen D.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Holistic Ministries from American Institute of Holistic Theology
- Clinical Hypnotherapy from Hypnosis Motivation Institute
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Hiking
- Dancing
- Reading
- Theater
- Health and Wellness



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

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

Club ID: 176

