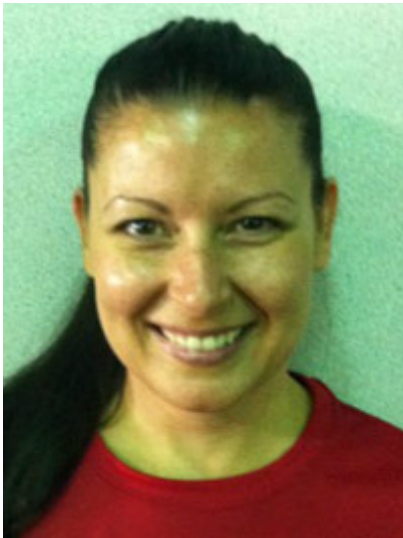


# Jennifer R.



**Certified Personal Trainer**  
**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2000**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BS degree in Health Education from California State University Northridge
- MS degree in Education from University of Phoenix.
- Aerobics and Fitness Association of America - Group Exercise Certification
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- NAFC GX, AFAA GX, POP PILATES, Peak Pilates Reformer, Polestar Mat Pilates
- TRX Suspension Training, SANDBELL Training, Nike Training Club (NTC)
- Les Mills BODYPUMP, R.I.P.P.E.D., 24 CYCLE, TWYT
- SILVER SNEAKERS, BOOM Muscle, BOOM Move It, BOOM Mind
- 24 Hour Fitness Improving Lives Through Fitness (GX award) 2013



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

