

Alyssa G.



Fitness Manager
Master Trainer
Team Member Since: 2007
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Communications from California State Long Beach
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Kickboxing
- Running
- Basketball
- Going to sporting events



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

24hourfitness.com/personaltraining

Club ID: 186

