

Gelissa C.



Certified Personal Trainer
Group X Instructor
TC24 Coach
Team Member Since: 2012
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Sandbell Certification
- Gymnastics - 15 years
- Competitive Cheerleading - 15 years
- Weight / Circuit Training



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

24hourfitness.com/personaltraining

Club ID: 195

