

# Constance L.

## Education & Certifications

- BA in Psychology from University of Missouri-St. Louis
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2012**

## Hobbies and Achievements

- Enter Interests and Achievements here.



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 212

