

Gina D.



Certified Personal Trainer
Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Family
- Long distance walking
- Weight training
- Singing
- Cooking



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 304