

Connie J.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2013
Sessions Serviced:5,000 +

Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Fitness Professionals and Associates Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- 200 RYT yoga



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

24hourfitness.com/personaltraining

Club ID: 338

