

Kelly G.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2012

Education & Certifications

- BS in Mass Communication from Sam Houston State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- CPR Certification

Hobbies and Achievements

- More than 300 hours of Yoga Teacher training
- Silver Sneakers certified in Muscle Strength-Range of Motion and Cardio



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

24hourfitness.com/personaltraining

Club ID: 349

