

# Nicola G.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2013**

## Education & Certifications

- BS in Business Administration from Chicago State University
- MS in I.T. Project Management from DePaul University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

## Hobbies and Achievements

- Kick boxing certified
- Jumping rope
- Mud and obstacle races
- Womens physique



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 354