

Allison G.



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

Education & Certifications

- BA in Communications from Baylor University
- MA in Counseling from Sam Houston State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- Sports
- TKB
- BodyPump
- PiYo
- Reading



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Club ID: 362