

# Lindsey G.



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

## Education & Certifications

- BS in Kinesiology from Texas Womans University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- NCAA Collegiate National Gymnastics Champion, 2000 & 2003
- All-American Collegiate Gymnast
- Outdoor activities
- Playing with my dogs



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

Club ID: 365

