

Judy C.



Group X Instructor
Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Elementary Education from Texas A&M University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American Council on Exercise - Lifestyle and Weight Management Coach
- Cooper Institute - Biomechanics of Resistance Training
- CPR Certification

Hobbies and Achievements

- Run 10k and 1/2 Marathons
- Cow Town 2010 10K
- 1/2 Marathon 2010 Wounded Warrior
- 1/2 Marathon Cow Town 2012



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24hourfitness.com/personaltraining

Club ID: 375