

# Gail G.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2009**

## Education & Certifications

- Associate of Arts from Shoreline Community College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Fitness
- Nutrition - Healthy Eating
- I love my DOG!
- Spending time with friends and family



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

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

Club ID: 403