

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

Club ID: 403