

# Jessica B.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2010**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Biology from Northern Michigan University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

Physique and Figure Training Specialist  
Certified Stress Management Coach  
BodyPump, CXWORX, Turbokick, Piyo, and Hip Hop Hustle Instructor  
Ran 61 marathons and ultra marathons  
Figure Competitor and fitness modeling



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

