

# Elizabeth S.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2011**

## Education & Certifications

- BA in Business from BYU
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Group X
- Hanging Out at the Beach
- Outdoor Sports



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

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

Club ID: 411

