

# Denise B.



**Certified Personal Trainer  
Team Member Since: 2012**

## Education & Certifications

- BA in Phi/Psy from U.C. Davis
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

## Hobbies and Achievements

Cycling: CA Aids ride, RTB  
Waterskiing/Skiing  
Hiking  
Jogging: 2nd Place Age PDX Duathlon



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

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

Club ID: 491

