

Nana G.

Education & Certifications

- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2006
Sessions Serviced: 5,000 +

Hobbies and Achievements

- Spending time with my family
- Football
- Basketball
- Cooking



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

24hourfitness.com/personaltraining

Club ID: 493

