

# Anna C.



**Certified Personal Trainer**  
**Fitness Manager**  
**Team Member Since: 2004**

## Education & Certifications

- BA in Physical Education from Chico State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- I love getting in the ring. I was an amateur boxer for 2 years
- Lets go for a run! 1/2 marathons are my specialty.
- You can also catch me outdoors, hiking and at the beach.



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

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

Club ID: 536

