

# AllieJo D.



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

## Education & Certifications

- BS in Kinesiology from Lewis Clark State
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Movement Science Research
- Philosophy of Movement and Play
- Functional Training Systems
- College Basketball
- The Great Outdoors



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

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

Club ID: 593