

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,
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24hourfitness.com/personaltraining

Club ID: 593