

Gina J.



Certified Personal Trainer
Master Trainer
Group X Instructor
TC24 Coach
Team Member Since: 1999
Sessions Serviced: 5,000 +

Education & Certifications

- BA in Drama from North Texas State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- American Council on Exercise - Health Coach
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System 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
- TC24 Coach
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Les Mills Certified Instructor (various formats).
- Dallas, Boston and New York marathon finisher.



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

24hourfitness.com/personaltraining

Club ID: 653

