

# Bettina U.

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer



**Certified Personal Trainer**  
**Group X Instructor**  
Team Member Since: 2010

## Hobbies and Achievements

- Water Sports
- Weight Lifting
- Shopping
- Music
- Continuing to learn about fitness and exercises



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

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

Club ID: 802

