

# Charmayne A.



**Certified Personal Trainer**  
**Team Member Since: 2013**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BS in Sports and Health Sciences emphasis Pre-Sports Medicine from American Military University
- AED (Automated External Defibrillator)
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification

## Hobbies and Achievements

- Basketball
- Weight Training
- Jogging
- CrossFit
- Hiking



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

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

Club ID: 806

