

# Jenn A.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2001**  
**Sessions Serviced: 10,000 +**

## Education & Certifications

- BA in Economics, Minor in Sociology from University of California, Santa Cruz
- 24 Hour Fitness - Certified Personal Trainer
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Yoga
- Pilates
- Dancing
- Skiing
- Hiking



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 807

