

# Samantha G.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2006**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- Aerobics and Fitness Association of America - Advanced Personal Trainer
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Teaching group exercise classes
- Running
- Roller blading
- Weight lifting
- Eating / Movies / Entertainment



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