

Carol I.



Certified Personal Trainer
Team Member Since: 2010

Education & Certifications

- AS in Business from San Diego Mesa Jr. College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

- Hike County Parks
- Mountain Biking
- Volunteer for Habitat for Humanity



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

24hourfitness.com/personaltraining

Club ID: 810

