

Ashley V.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2011
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Kinesiology from Whittier College
- MS in Kinesiology in Sports Performance from California State University, Fullerton
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Performance Enhancement Specialist

Hobbies and Achievements

- 4 year Division III Basketball Player
- 3 year Division III Track and Field Athlete
- High School Basketball Coach
- Hiking and Camping
- Cooking



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 860

