

# Jennifer P.



**Certified Personal Trainer**  
**Group X Instructor**  
**Team Member Since: 2000**

## Education & Certifications

- BA in English from Humboldt State University
- AED (Automated External Defibrillator)
- Aerobic and Fitness Association of America - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Secondary School Teacher, English, Business Management
- 3 Children and 3 Grandchildren
- Reading
- Friday Night Movie Night
- Any Beachside Activity



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

Club ID: 862

