

# Ashley F.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BA in Liberal Studies from Oregon State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- 24 Hour Group X Classes
- Stand Up Paddleboarding
- Rock N Roll Marathon 2012



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

[24hourfitness.com/personaltraining](https://24hourfitness.com/personaltraining)

Club ID: 886

