

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

Club ID: 886

