

Tammy B.



Team Member Since: 2010

Education & Certifications

- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Nationally Qualified NPC Bodybuilder 2005
- BB/Fitness/Figure Coach
- Playing with my Dog, Jade
- Snowboarding
- Adult Ballet, Aerial Silks



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

Club ID: 886