

# Galit G.



**Certified Personal Trainer  
Team Member Since: 2011**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Distance swimming is the best way to clear my mind at the end of the day.
- I enjoy running outdoors because it makes me feel connected with nature.
- I love cooking because everything tastes better when I know I made it myself.
- My favorite way to pass time is traveling and discovering new cultures.
- I love watching comedy movies because I believe laughter is the best medicine.



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

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

Club ID: 895