

Jessica T.



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

Education & Certifications

- BS in Health Education from California State University Chico
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist

Hobbies and Achievements

- I placed 2nd in a duathlon which showed me that anything is possible.
- I coached the Chico High School lacrosse team to NorCal championships.
- Being outside with my lab mix relaxes me and allows me to clear my mind.
- I love exploring the outdoors and capturing the views in a photograph.
- I travel worldwide to interact with different cultures and find new adventures.



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

Club ID: 895

