

# Ashleigh F.



**Certified Personal Trainer**  
**Team Member Since: 2012**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Health and Wellness from University of Arizona
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification

## Hobbies and Achievements

- Arizona Squat Record Holder-RAW 2010



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

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

Club ID: 951

