

Becca K.



Master Trainer
Group X Instructor
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- BA in Environmental Analysis & Design from University of California Irvine
- 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
- National Council on Strength and Fitness - Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Trail & Endurance Running
- Cooking & Nutrition Research
- INBA Bikini Competitor
- Archery



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24hourfitness.com/personaltraining

Club ID: 058

