

# Carmen K.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Kinesiology from California Polytechnic State University, Pomona
- AED (Automated External Defibrillator)
  - CPR Certification
  - National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- 4 years Intercollegiate Track & Field 2008-2012
- Hiking
- Swimming
- Arts & Crafts



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

Club ID: 058

