

# Christina R.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- bodybugg® Calorie Management System Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Strength training
- Running
- Circuit training
- Going to muscle competitions



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

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

Club ID: 071