

Kristen E.



Team Member Since: 2001

Education & Certifications

- BA in Physical Education from California State University Long Beach
- American Council on Exercise - Advance Health and Fitness Specialist
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Lifestyle and Weight Management Consultant Certification
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Strength and Conditioning Assoc. - Certified Strength and Conditioning Specialist®

Hobbies and Achievements

- Bodybuilding
- Fitness
- Motherhood
- Neuromuscular Massage Therapist



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24hourfitness.com/personaltraining

Club ID: 073

