

# Kristin L.



**Master Trainer**  
**Team Member Since: 2009**  
**Sessions Serviced: 2,000 +**

## Education & Certifications

- BA in Political Science from San Diego State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- National Strength and Conditioning Assoc. - Certified Personal Trainer

## Hobbies and Achievements

- Writing short stories
- Watching science fiction movies
- Taking my daughter to the park



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

Club ID: 089

