

# Caroline J.



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

## Education & Certifications

- BS in Finance from University of Louisville
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Paddleboard
- Surf
- Hiking
- Biking
- Amateur NPC Bikini Competitor
- In process of completing my NESTA Fitness Nutrition Certification



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