

# Kristen B.



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

## Education & Certifications

- BA in Sociology / Kinesiology from Western State Colorado University
- AED (Automated External Defibrillator)
- CPR Certification

## Hobbies and Achievements

- Crossfit Competitions
- 5Ks
- Camping/Hiking



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