

Andrea Y.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BA in Sociology/Pre-medicine from University of Maine
- MA in Clinical Psychology from Pepperdine University in Exercise Physiology from Moi University (Kenya)
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- National Champion 10k
- Professionally sponsored runner brought to Kenya to coach and train
- Track and Field Coach high school level



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24hourfitness.com/personaltraining

Club ID: 183