

# Kristin T.



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

## Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Body Pump, PiYo & Silver Sneakers Instructor
- "Mommy Makeover" training
- Nutrition Guidance
- Tennis
- Outdoor Family Activities



For more info about this trainer,  
scan this code with your smart phone or visit:

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