

Cristina K.



**Certified Personal Trainer
Group X Instructor
Team Member Since: 2003**

Education & Certifications

- BS in Biology from University of Houston
- CPR Certification
- International Sports Sciences Assoc. - Personal Trainer Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Cooking
- Kickboxing
- Spending time with family
- Arts and crafts
- Working out and nutritional planning



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