

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

Club ID: 208