

Raina V.



Certified Personal Trainer
Master Trainer
Group X Instructor
Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- Associates Degree in Culinary and Pastry Arts, Food/Hospitality Management from El Centro College
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- KETTLEBELL – Certified Kettlebell Instructor
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- World Championship IronMan 70.3 Triathlon Finisher
- U.S.A. Triathlon Member and Dallas Running Club Member
- Elite Marathoner
- Cooking
- Classically trained in piano since age of 2



For more info about this trainer,
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24hourfitness.com/personaltraining