

Rachel K.



Certified Personal Trainer
Team Member Since: 2002
Sessions Serviced: 10,000 +

Education & Certifications

- BS in Sports & Fitness from Columbus State University
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Advanced Sports Fitness
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist

Hobbies and Achievements

- Nutrition
- Cooking
- My children and family



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