

Crystal C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- Degree: BS in Sport Medicine from University of Nebraska-Omaha
- Degree: MS in Nutrition & Exercise Science from South Dakota State University
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

Running
Hiking
Biking
Work out
Huge College Football/Basketball/Soccer fan



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

Club ID: 331