

Kate R.

Education & Certifications

- BS in Exercise Science & Adult Fitness from Metropolitan State University of Denver
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer



**Certified Personal
Trainer**
Team Member Since:
2013

Hobbies and Achievements

- Hiking
- Dance
- NPC bikini competitor



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining