

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

Club ID: 351

