

# Rachel C.



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

## Education & Certifications

- BA in Health Promotion from University Of Iowa
- AED (Automated External Defibrillator)
- American Council on Exercise - Advanced Health and Fitness Specialist
- CPR Certification

## Hobbies and Achievements

- Collegiate gymnast
- Tough Mudder runner
- Wellness coordinator



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

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

Club ID: 352