

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,
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24hourfitness.com/personaltraining

Club ID: 352