

# Jaime K.



**Certified Personal Trainer  
Group X Instructor  
Team Member Since: 2012**

## Education & Certifications

- BS in Exercise Science from Truman State University
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Running
- Spinning



For more info about this trainer,  
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[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)