

Kristina Y.



Certified Personal Trainer
Group X Instructor
Team Member Since: 2011

Education & Certifications

- BA in Business Management from Texas State University
- MS in MPH in Health Promotion/Behavioral Sciences from University of Texas School of Public Health
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Former NCAA athlete, 2003-2007
- Golfing
- Sports and outdoors
- International medical mission
- Traveling



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