

Candice K.



Master Trainer
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- 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
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- CrossFit Level 1 trainer
- NASM/BeachBody Insanity & P90X certified
- Hanging out with my kids, they are my life!
- Listening to music, baking, and working out.
- Decorating, eBay, fishing, and relaxing!



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24hourfitness.com/personaltraining