

Katie B.



Certified Personal Trainer
Master Trainer
Fitness Manager
Team Member Since: 2005
Sessions Serviced: 5,000 +

Education & Certifications

- BS in Exercise and Sports Science from Texas State University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- 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 Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Weight Loss Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Painting
- Sports
- Mountain biking



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

24hourfitness.com/personaltraining

Club ID: 377

