

# Lisa C.



**Certified Personal Trainer**  
**Team Member Since: 2012**

## Education & Certifications

- BA in Human Performance Sport and Leisure Studies from Metropolitan State College of Denver
- AED (Automated External Defibrillator)
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer

## Hobbies and Achievements

- Soccer
- Hiking
- Geocaching



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