

Kathryn L.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- Enter degree or delete this.
- AED (Automated External Defibrillator)
- CPR Certification
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

Hobbies and Achievements

Olympic style weightlifting- High school WA state champion 2004-2006
Varsity volleyball team captain 2006
Photography
Coaching volleyball, gymnastics, Olympic weightlifting
Auburn YoungLife middle school leader



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