

# Kris N.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2010**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

- Bodybuilding Competitor - 1st Place Bikini 40+ Nov 2014
- Corrective Exercise Specialist
- Indoor Cycling Instructor
- Silver Sneakers Instructor



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

[24hourfitness.com/personaltraining](http://24hourfitness.com/personaltraining)

Club ID: 430

