

# Kristina P.



**Certified Personal Trainer**  
**Team Member Since: 2013**

## Education & Certifications

- BS in Exercise Physiology from University of Utah
- AED (Automated External Defibrillator)
- American College of Sports Medicine - Certified Personal Trainer
- American College of Sports Medicine - Certified Health Fitness Specialist
- CPR Certification

## Hobbies and Achievements

- Dance
- Art
- Pre-K and Kindergarten Teacher



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