

Natalie C.



**Certified Personal Trainer
Group X Instructor
Assistant Fitness Manager
Team Member Since: 2011**

Education & Certifications

- BA in History from UCLA
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Fitness Nutrition Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Marathon Running
- Pole Fitness Competitions
- Watching the San Francisco Giants
- Travelling and Being a Tourist
- Reading Athletic Autobiographies



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