

Astrid C.



Certified Personal Trainer
Team Member Since: 2012

Education & Certifications

- BS in Exercise Science from The Ohio State University
- AED (Automated External Defibrillator)
- bodybugg® Calorie Management System Certification
- CPR Certification

Hobbies and Achievements

- Soccer
- Hiking
- Exploring (nature, books, music)
- Learning



For more info about this trainer,
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24hourfitness.com/personaltraining

Club ID: 517