

Christie B.



Master Trainer
Team Member Since: 1999
Sessions Serviced: 15,000 +

Education & Certifications

- BA in Physical Education from Warner Pacific College
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Certified Personal Trainer
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Academy of Sports Medicine - Sports Fitness Specialist
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Speaking French
- Swimming
- Yoga
- Weight training



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