

Kiau F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- BS in Kinesiology from University of Hawaii
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Weightlifting
- Sports
- Music
- Hiking
- Inspiring you



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

Club ID: 540