

# Cindy C.



**Master Trainer**  
**Group X Instructor**  
**Team Member Since: 2005**  
**Sessions Serviced: 5,000 +**

## Education & Certifications

- BS in Exercise Science and Lifestyle Management from UH of Hawaii at Manoa
- 24 Hour Fitness - Certified Personal Trainer
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- TRX Suspension Training – Certified TRX Instructor

## Hobbies and Achievements

- Hiking
- Weight Training
- Healthy Cooking



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