

Katherine J.



Master Trainer
Assistant Fitness Manager
Team Member Since: 2009

Education & Certifications

- BS in Community Health Education Western Oregon University
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- Cooking
- Running
- Watching the Portland Trailblazers



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