

Kristen B.



Certified Personal Trainer
Master Trainer
Assistant Fitness Manager
Team Member Since: 2011
Sessions Serviced: 2,000 +

Education & Certifications

- 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 Council on Strength and Fitness - Personal Trainer

Hobbies and Achievements

- Hiking
- Swimming
- Weight training



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